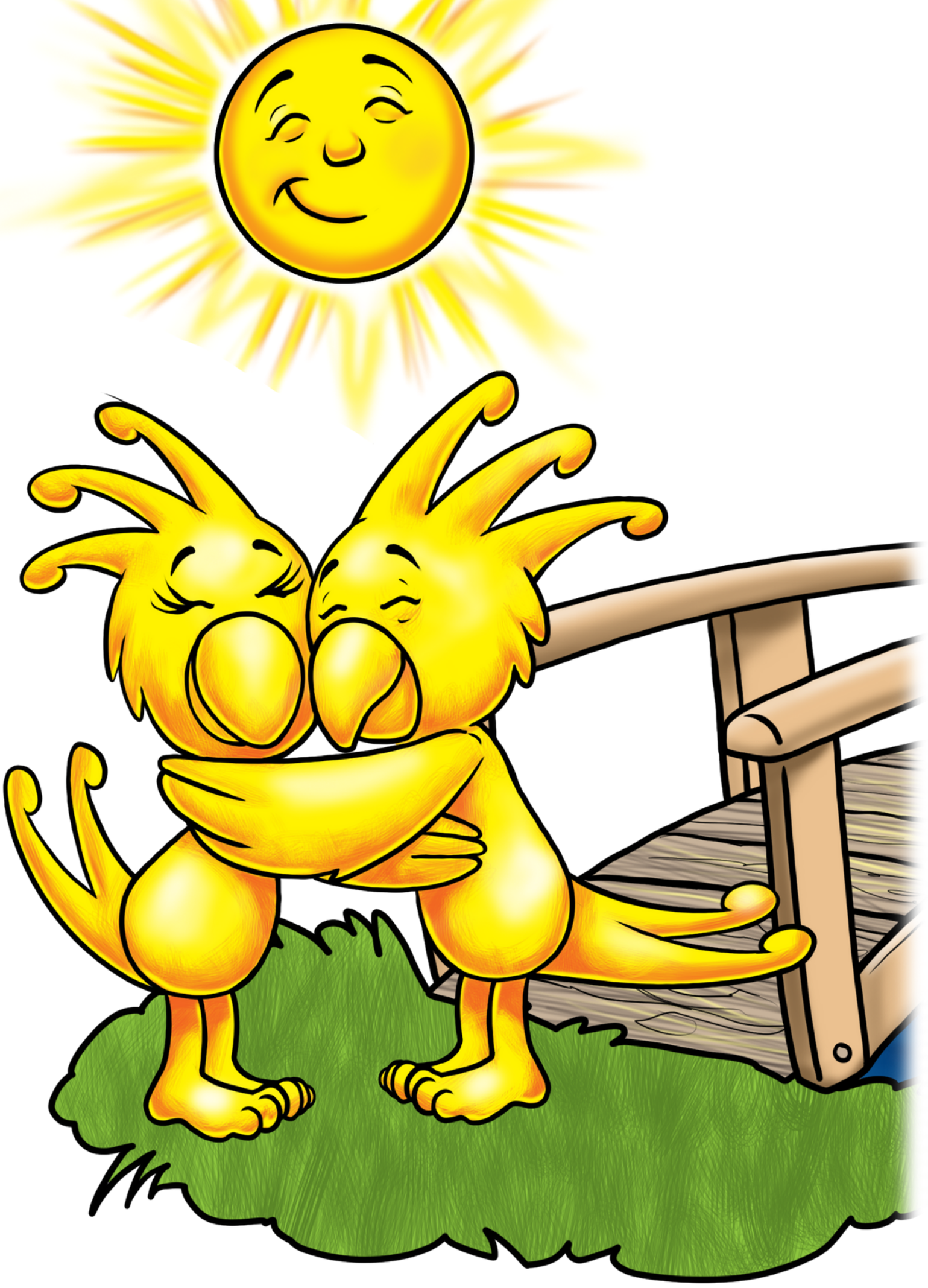
Frankie and Freya's Grandad



A story and workbook about bereavement

PHOENIX
EDUCATION CONSULTANCY LIMITED

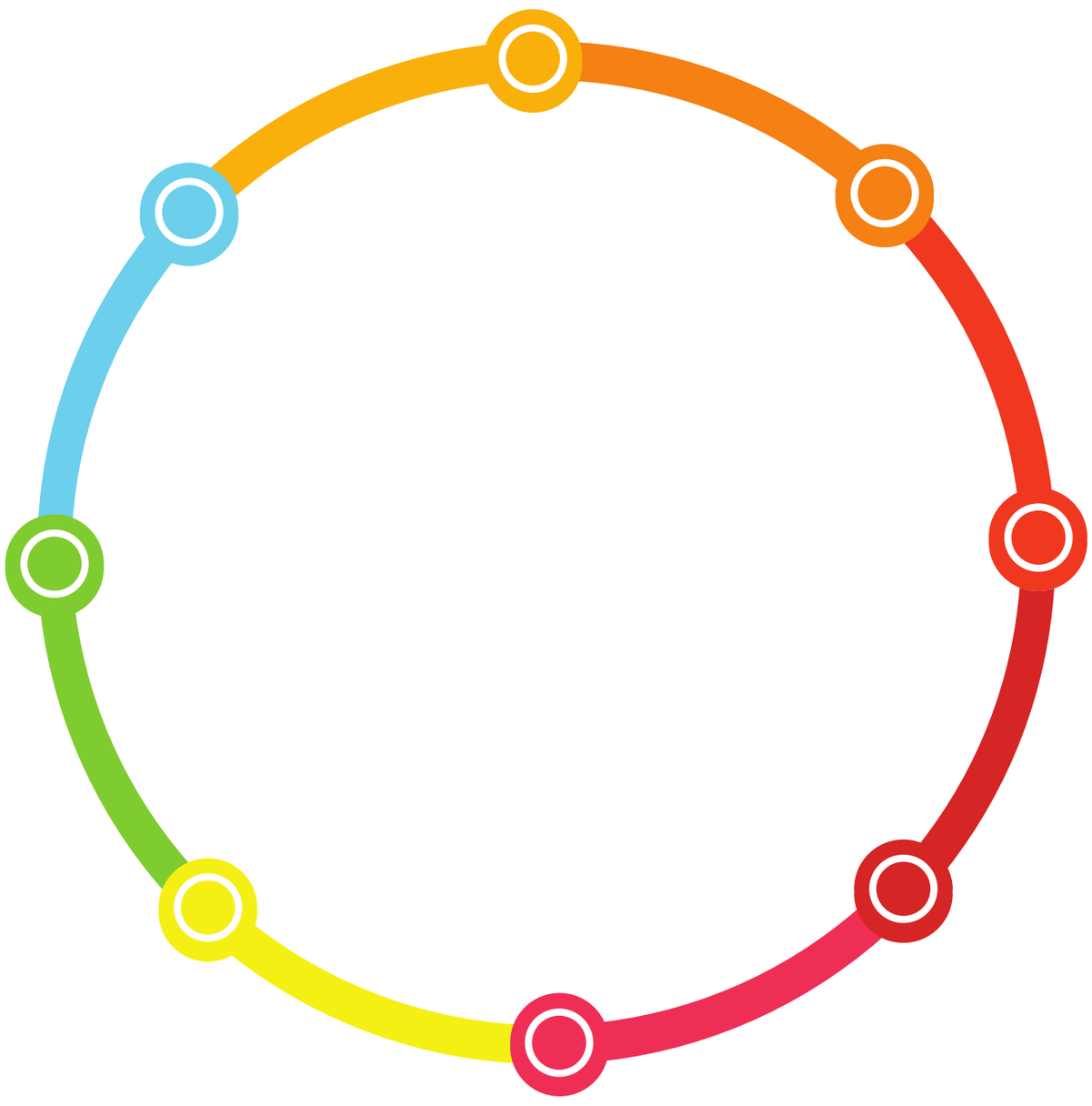
What is grief?

What is grief?

Grief is the feelings you might have when someone dies or even when you expect them to die. Everyone experiences grief differently. It might depend on your personality, your religious and how you felt towards the person. It might also be related to whether or not you expected the person to die or if it were sudden.

What is death?

Death is the end of someone's life. Everyone dies eventually but that doesn't stop it being upsetting and difficult to deal with. Some people may die after being ill, other times it may be unexpected. Some people believe that whilst the body might die, the spirit, soul or essence lives on. Other people believe that when you die, it is final and there is nothing else.



What does death mean to you?

What could I feel?

You might feel sad, angry or even relieved. You might feel relief when someone has been unwell for a long time. You could even feel guilty because you might be relieved that the person has died or because you felt like you could have done something to prevent their death.

When will I feel these feelings?

You might feel these feelings for someone you felt very close to. That could be a family member or even a pet. You might also feel a connection to someone that you have never met in person. It could be someone that you play with online or watched on TV. ,

The words we use

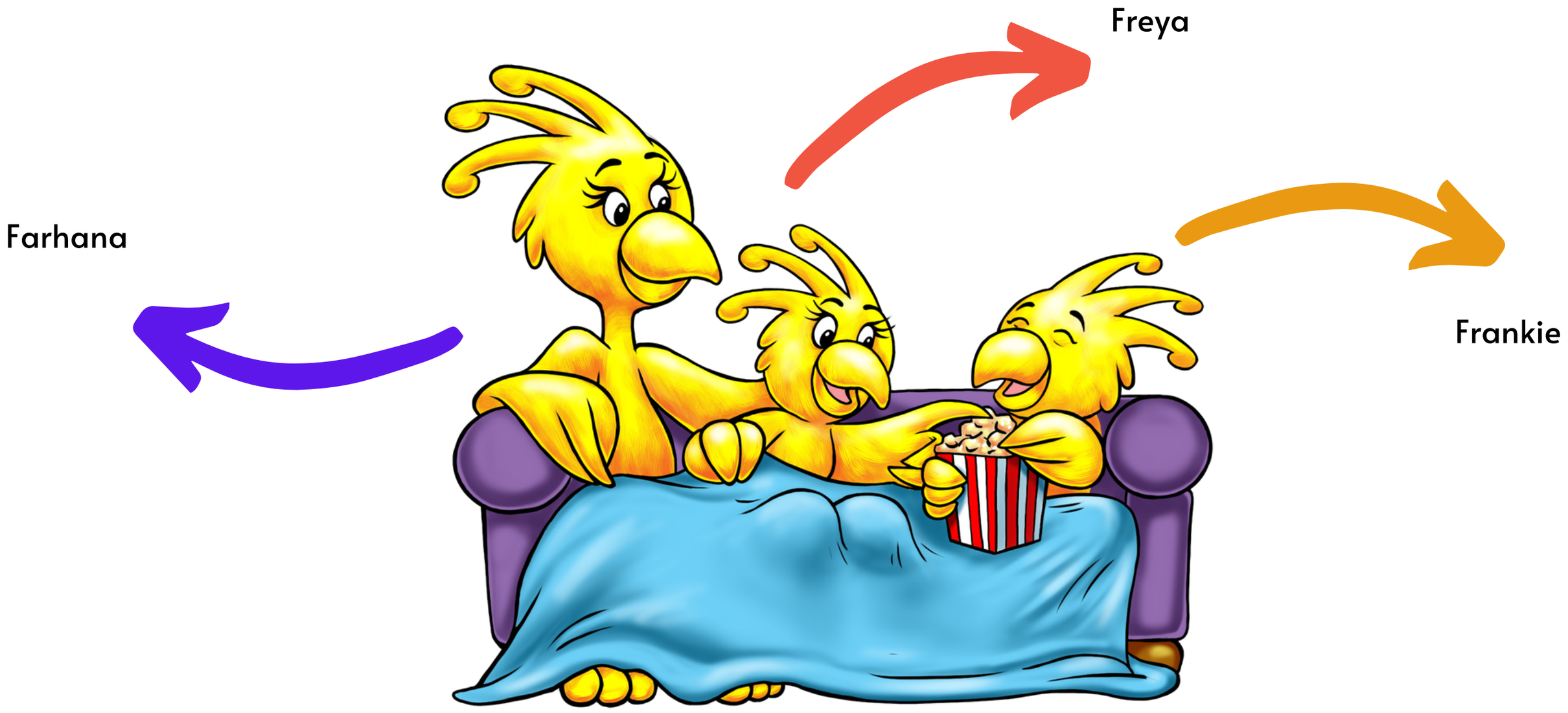
You might have heard the term 'loss' or 'gone' when describing when someone dies. We have used the term die to ensure there is no confusion about it being death that we are referring to.

About Frankie and Freya

Frankie and Freya

Frankie and Freya are brother and sister. They live with their mum Freya. Recently their grandad has died. Frankie finds school sometimes very difficult, he can get angry when he can't do work. Freya really enjoys school but has her own health issues because she has called kidney disease.

Frankie and Freya live with just their mum and they were really close to Grandad Phoenix. They've never met Grandma Phoenix as she died before they were born



About your family

Can you tell us a bit about your family?

Thinking about feelings

When someone dies the feelings that we have is called grief.
Our grief can show itself in different ways.
Frankie and Freya deal with their feelings in different ways and each day an person may feel different emotions.
Here are some pictures of Frankie and how he feels sometimes.

- What do you think he is feeling?
- Have you ever felt this way?
- Can you give Frankie any advice to help him when he is feeling this way?

A bit about Frankie and Freya's Grandad

Grandad Phoenix

Grandad Phoenix had been ill for a short amount of time. Grandad Phoenix is normally quite healthy, but when he started feeling a pain in his chest he went to the doctor to find out what was wrong. He was referred to hospital and after some test he was diagnosed with cancer. He was told that he couldn't have any treatment and that he was going to die.

Grandad Phoenix told his daughter Farhana. Farhana has been very upset and has cried a lot. She told Frankie and Freya that their Grandad was very unwell and was going to die. Grandad carried on coming round to play with Frankie and Freya but after a few weeks he was too ill to come round.

They started to go round Grandad Phoenix's house and had to stay round to look after him. Eventually Grandad Phoenix couldn't get out of bed, he started losing weight and looked ill. Frankie didn't really want to see his Grandad anymore, he wasn't much fun anymore and they would just sit by his bed.

Three months after Grandad Phoenix received his diagnosis of cancer, he died.

Can you tell us about the person you know that has died? What do you remember about them? What story would you tell about them?

A bit about Frankie and Freya's Grandad

Grandad Phoenix

Grandad Phoenix had been ill for a short amount of time. Grandad Phoenix is normally quite healthy, but when he started feeling a pain in his chest he went to the doctor to find out what was wrong. He was referred to hospital and after some test he was diagnosed with cancer. He was told that he couldn't have any treatment and that he was going to die.

Grandad Phoenix told his daughter Farhana. Farhana has been very upset and has cried a lot. She told Frankie and Freya that their Grandad was very unwell and was going to die. Grandad carried on coming round to play with Frankie and Freya but after a few weeks he was too ill to come round.

They started to go round Grandad Phoenix's house and had to stay round to look after him. Eventually Grandad Phoenix couldn't get out of bed, he started losing weight and looked ill. Frankie didn't really want to see his Grandad anymore, he wasn't much fun anymore and they would just sit by his bed.

Three months after Grandad Phoenix received his diagnosis of cancer, he died.

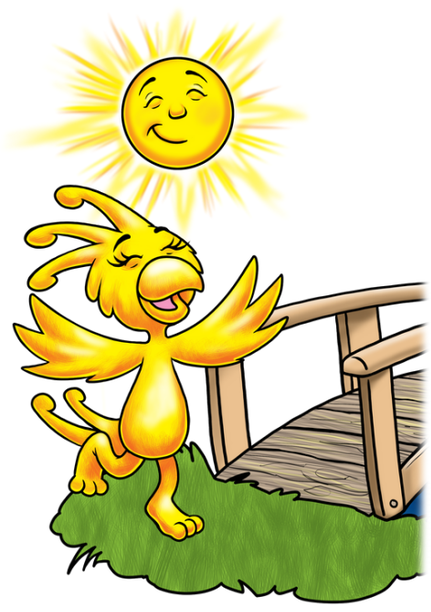
Can you tell us about the person you know that has died? What do you remember about them? What story would you tell about them?

Beliefs about death

Frankie's belief

Frankie isn't really sure about what happens after death. He knows that Grandad Phoenix was buried and he likes to think that his body helps plants to grow. He thinks that whilst Grandad Phoenix's body has died, that in the memories that he has of him, he lives on.

Freya's belief



Freya is a bit like Frankie. she isn't really sure what she believes. However, she knows that Grandad Phoenix was very unwell and he was in pain. She was worried about him and they talked about death together. Grandad Phoenix said he was ready to die so in a way she felt relieved when she was told that he had died. She knows that whatever happens next, he isn't in pain

Farhana's belief

Farhana believes that there is life after death and that Allah will judge how they've lived their lives. Farhana knows that Grandad Phoenix lead a good life and was a kind man. This makes her feel happy when she thinks back on all the memories she has of her dad.

My beliefs

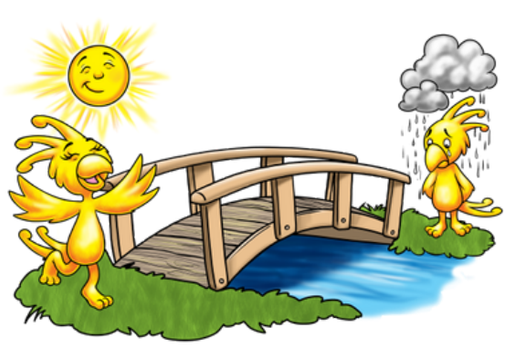
Using weather to understand grief

Frankie feeling sad

When Frankie found out about his Granddad dying. He felt sad. He kept on crying and couldn't think of much else. He found it difficult to concentrate in school. He felt like there was a cloud following him.

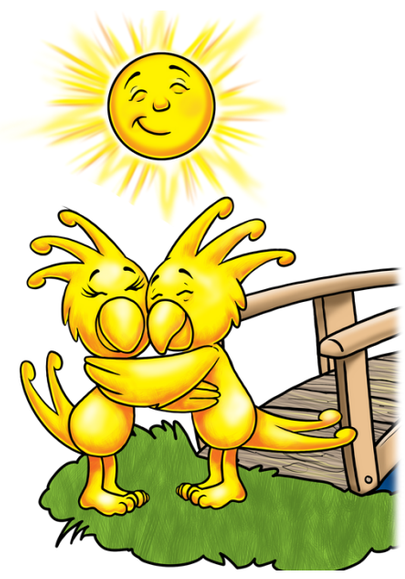
Frankie's memories

Frankie found that he was crying a lot but he also had some nice memories of Grandad Phoenix. He liked these memories and wanted to tell other people about them but didn't know how to do without feeling sad and even angry



Other people's grief

Frankie thought that his sister Freya was okay. She didn't seem as sad as him. She seemed to be able to talk about Grandad Phoenix without crying. Frankie wanted to feel the same, he wanted to feel happy but he felt stuck under the rain cloud.



Saying Grandad Phoenix

Frankie wanted to be able to talk about Grandad Phoenix without always crying. He felt like Freya was on the other side of the bridge and wanted to join her. He wanted to still miss Grandad Phoenix, but also celebrate him and talk about all the good memories

Thinking with happiness

Frankie felt like he had to go over to the sunshine to feel the same as Freya but it felt like wherever he went the cloud will follow him His sister explained that his feelings might change even in the same day. Sometimes it might be sunny and raining at the same time and that is when the rainbow appears. Sometimes he might feel sad, other times he might forget that Grandad has died and even go to ring him. Other times he might remember all the good things and other times might get angry and upset that Grandad Phoenix isn't there anymore.

Things you might feel

Avoid grieving and ignoring feelings

Sadness

Guilty

Keep on returning to the same thoughts

Anger

Distracted

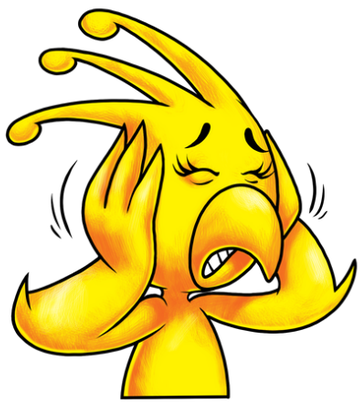
Have a look at the images above. Are there any feelings that you have experienced and can relate to? If you want to share some of your thoughts you can add in the shapes below

Things you might notice

Interrupted sleep

Tiredness

Appetite changes



Avoiding places/things to avoid triggered memories

Denial - saying or thinking that it hasn't happened

Have a look at the images above. Are there any things that you have noticed within yourself? If you want to share some things that you have noticed you can add in the shapes below;

PHOENIX
EDUCATION CONSULTANCY LIMITED

All about

Use this page to share the things that you remember about the person that has died

Their name

Things I used to enjoy doing with them

How I knew the person

A fond memory I have at the person

Someone I can talk about memories with this person is

Things they enjoyed doing without me!

My support system

3 people I'm comfortable talking with

Three non-harmful ways to help when I'm feeling angry or sad

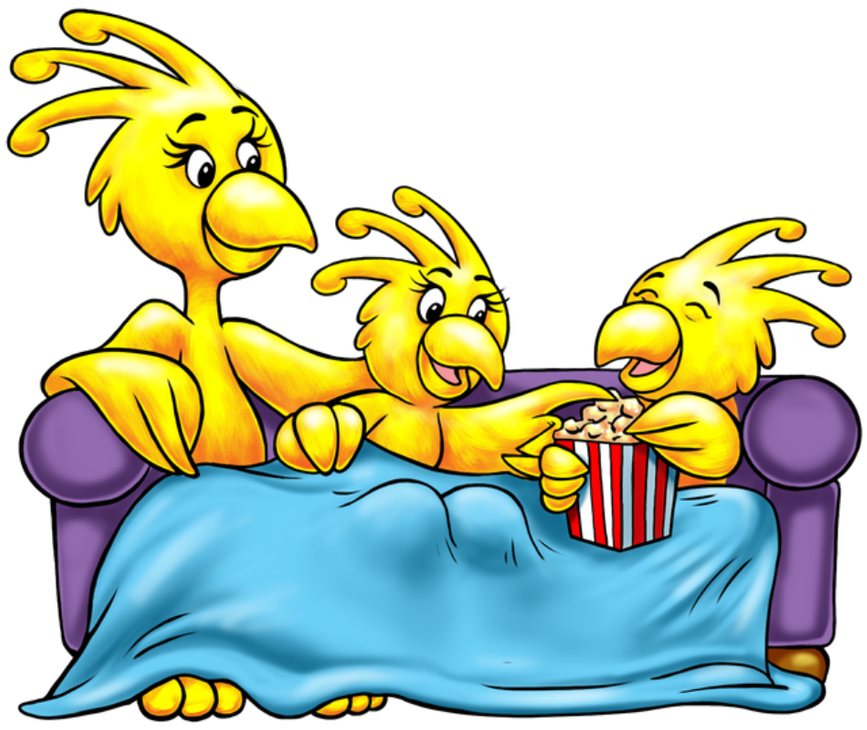
A place I can go that I feel comfortable

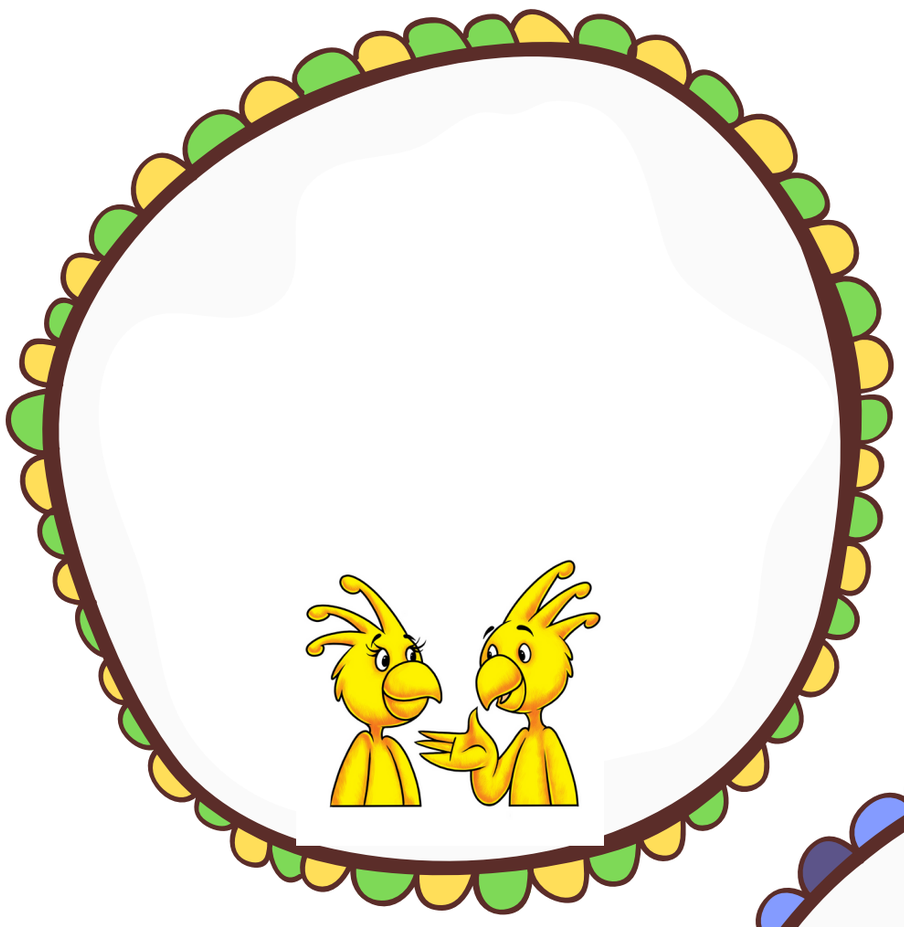
Three things I can do to express how I feel

Who can help me?

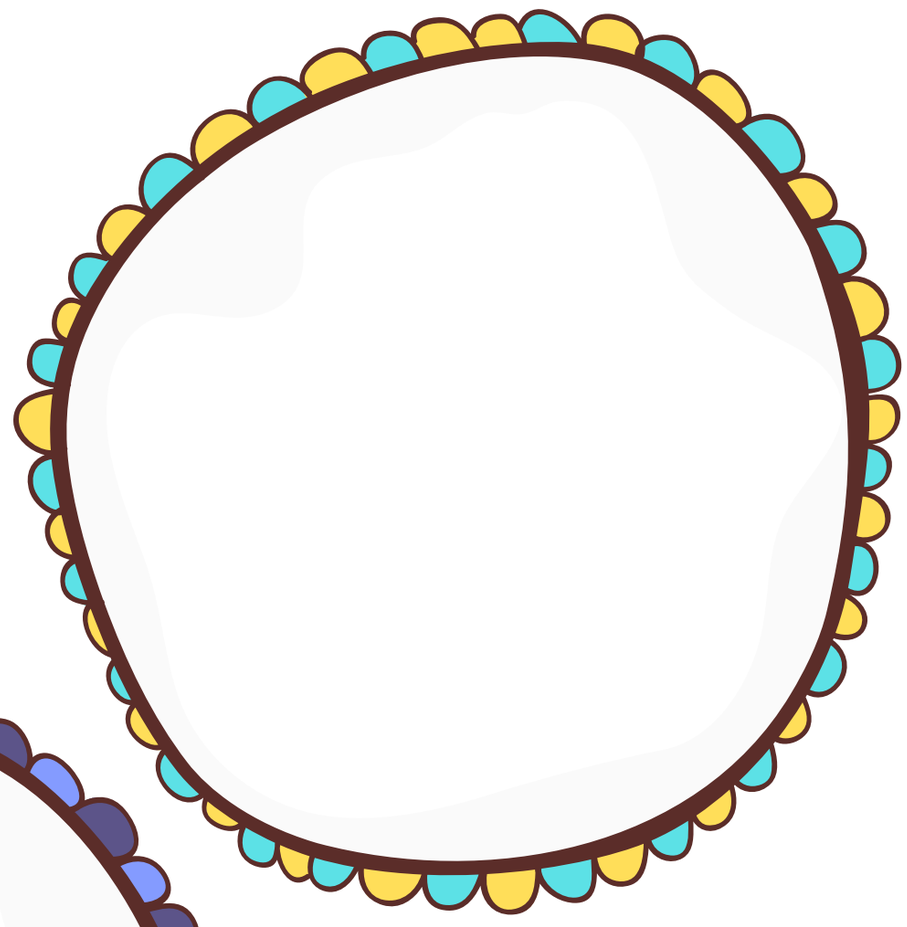
Frankie and Freya have their mum that helps them as well as each other.

Have a think who might be able to support you when you are feeling sad, worried or angry





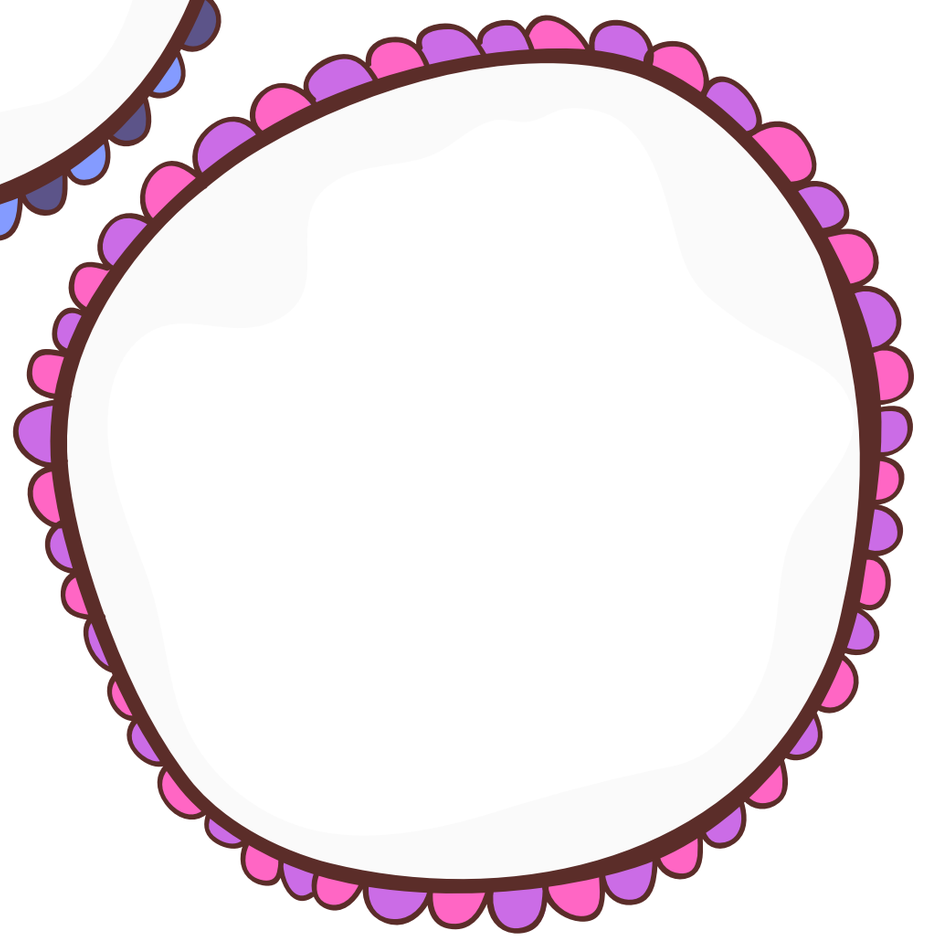
My friends



At school

My family

My pets

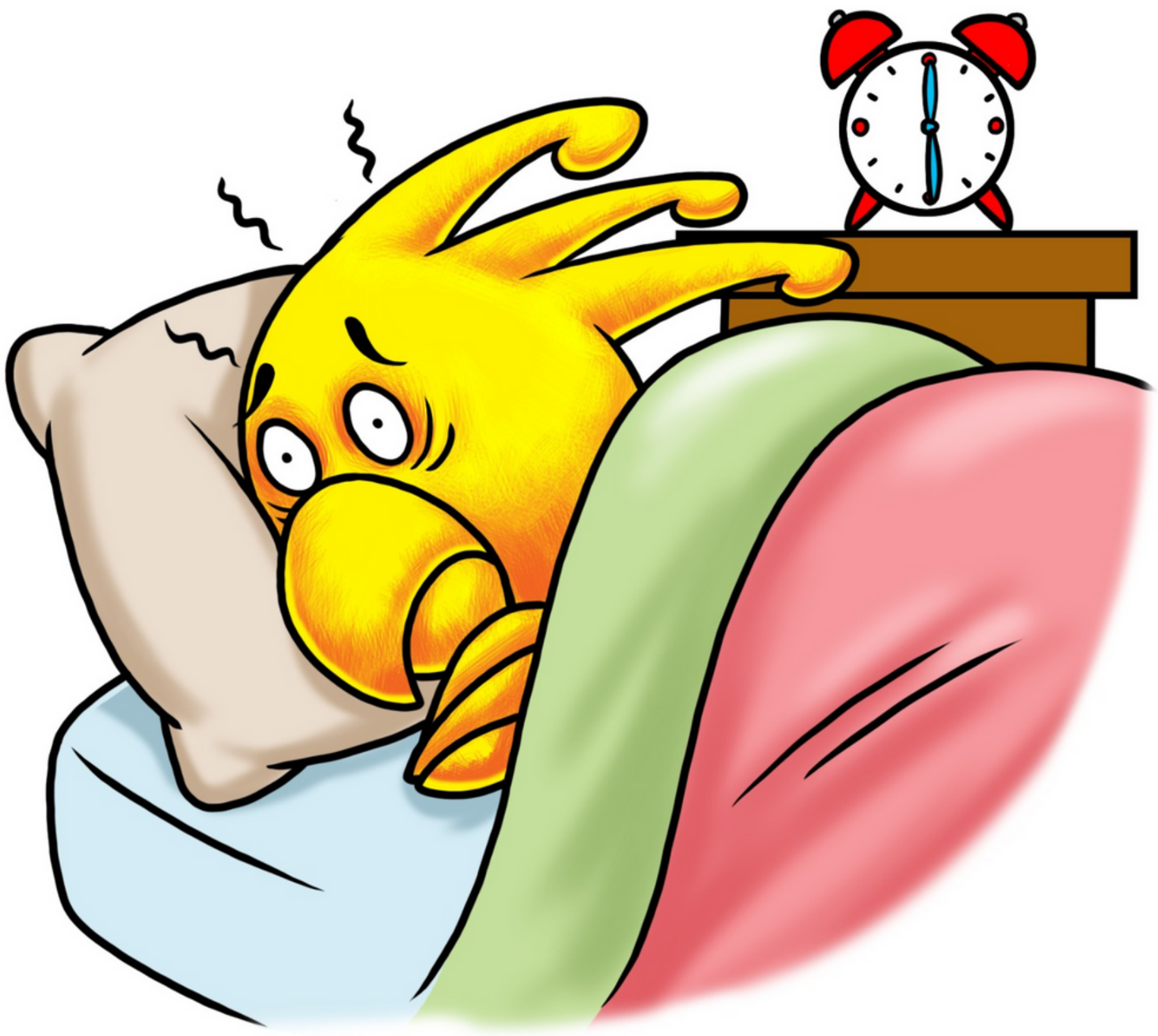


My faith &community

Sleeping

Frankie and Freya have their mum that helps them as well as each other. Have a think who might be able to support you when you are feeling sad, worried or angry.

One thing that Frankie is finding really difficult right now is sleeping. He finds that he keeps on thinking about his Grandad and worries about other people he cares about.



What do you think could help Frankie with his sleeping?

What advice would you give Frankie to help him?

Remembering

These are some of the ideas you might help you think of different ways of remembering someone that you love and who has died

You can light a candle (please make sure you have checked with an adult) to remember the person that has died

Make a scrap book about the person

Visit a special place that reminds you of the person. For some this could be a grave stone

Make a memory jar where you can post little notes about what you remember. You can keep on adding as you remember other things

Fill a memory box. You might want to include photographs, or something that was special that belonged to the person that has died

Plant a flower in their memory

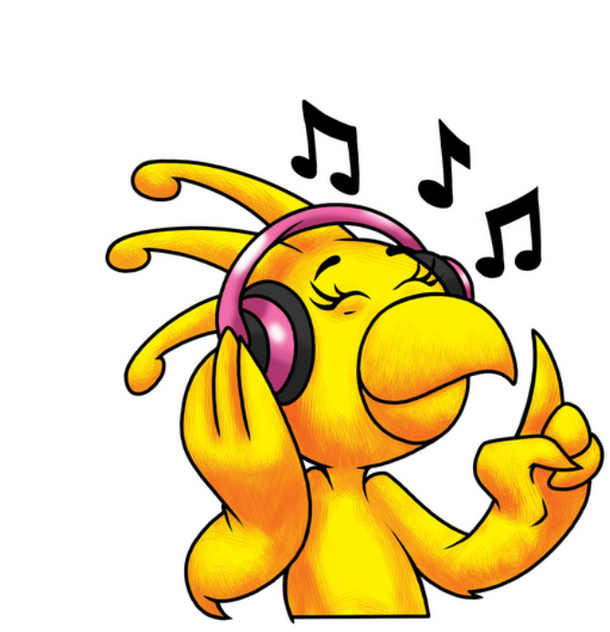
Paint a rock with some of the things that relate to the person that has died

Activity ideas

Some of these activities are for when your thoughts and feelings might become overwhelming and you want something that may distract you.

5, 4, 3, 2, 1 what do you notice?

Think about 5 things you see, 4 things you feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste

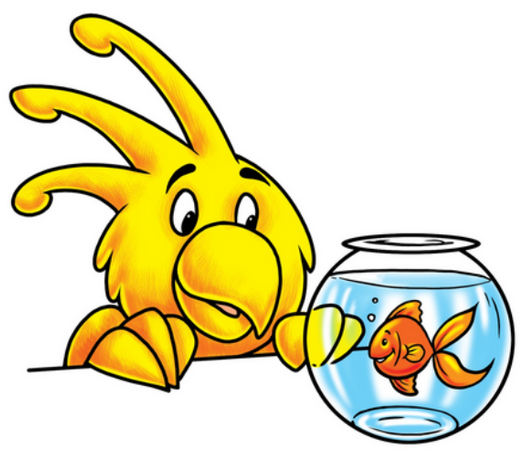


Do some colouring

Go for a walk

Creative activities such as listening to music, writing poetry

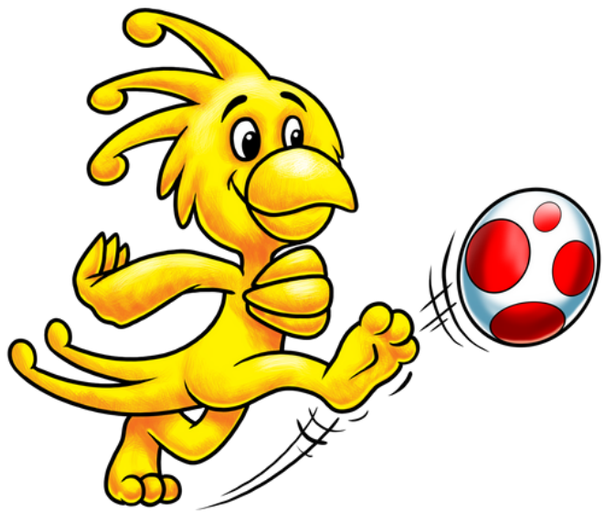
Talk with friends



Spend time with pets

Gardening

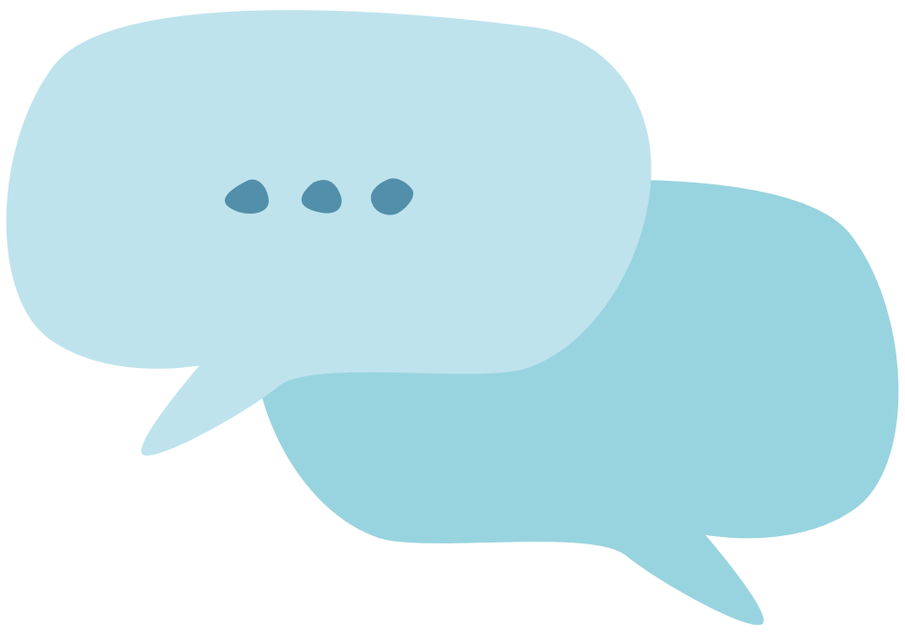
Make a mood board or scrap with the things that interest you



Play sports

Some colouring

Showing your emotions

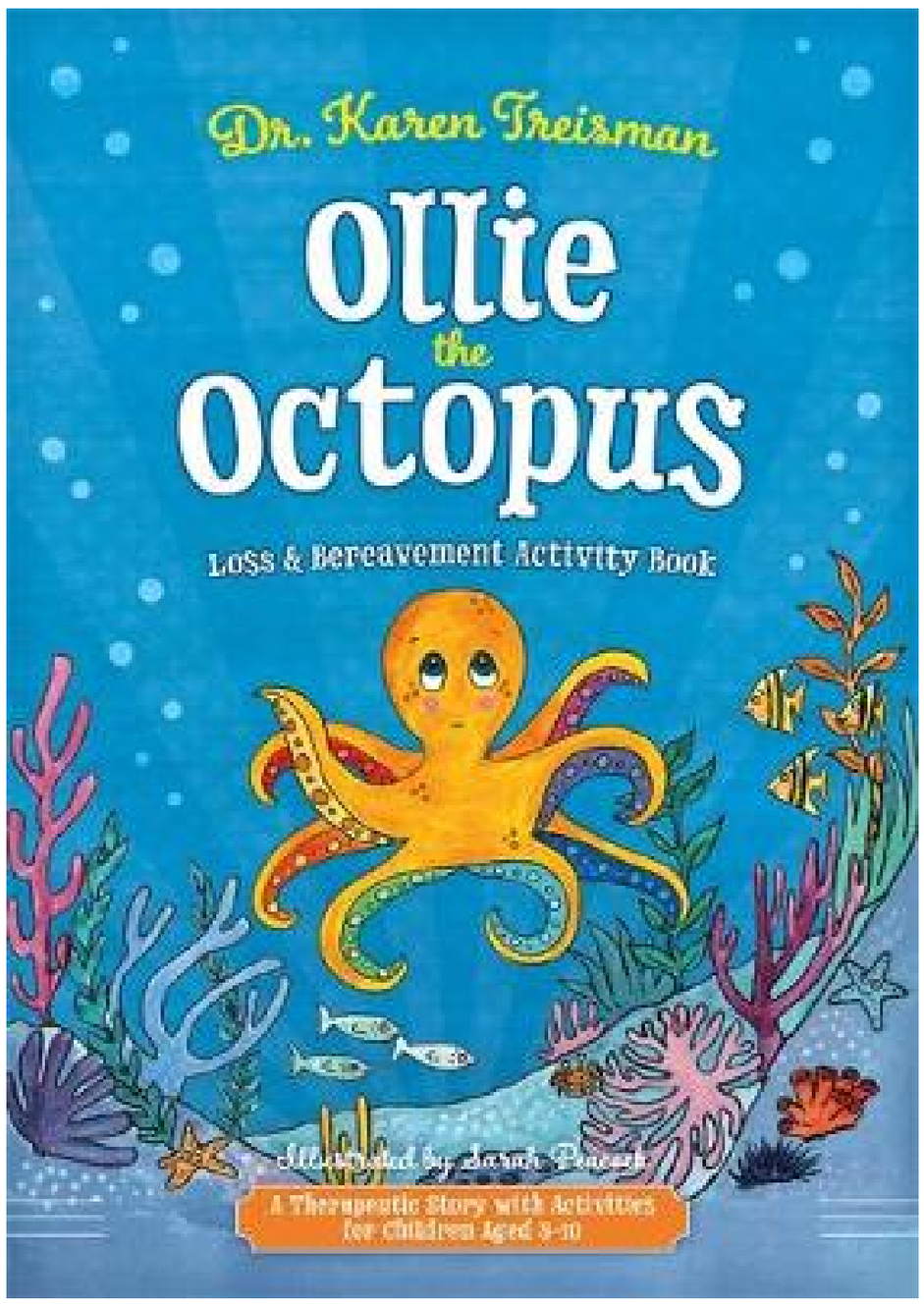


How do you feel right now?
What could move you up the scale?
What do you think might move you down the scale?

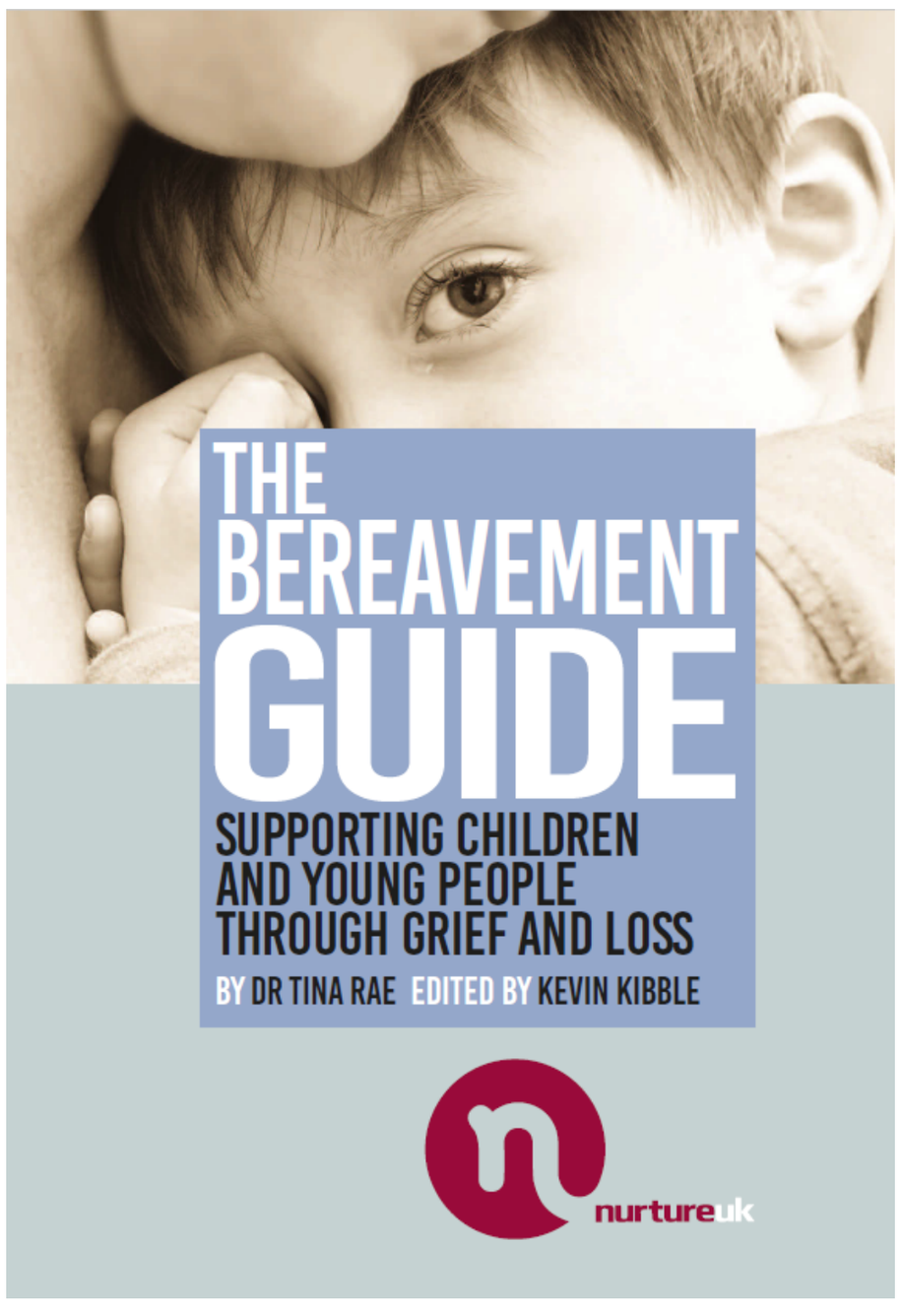
Other resources and organisations

There are lots of organisations and resources that might help. We have collated some that you can explore and see if they are helpful for you.

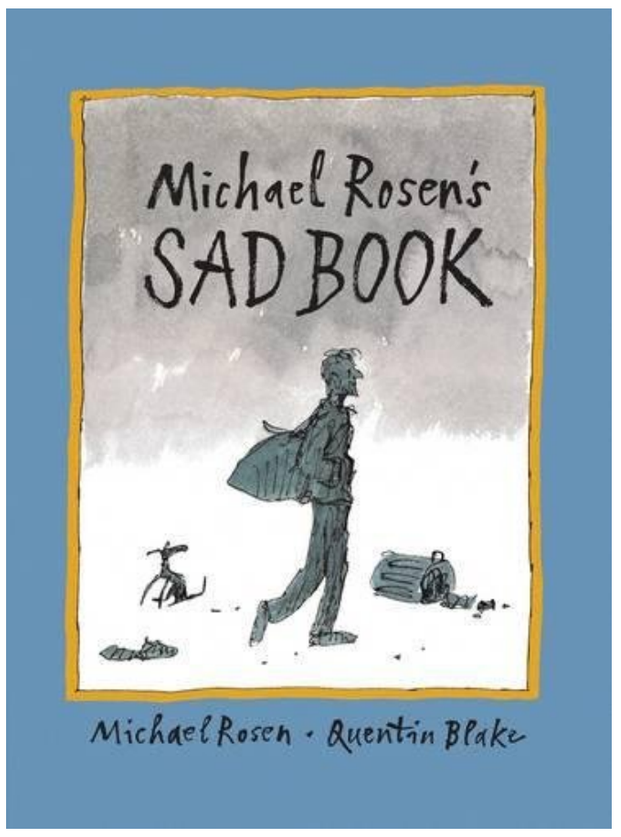
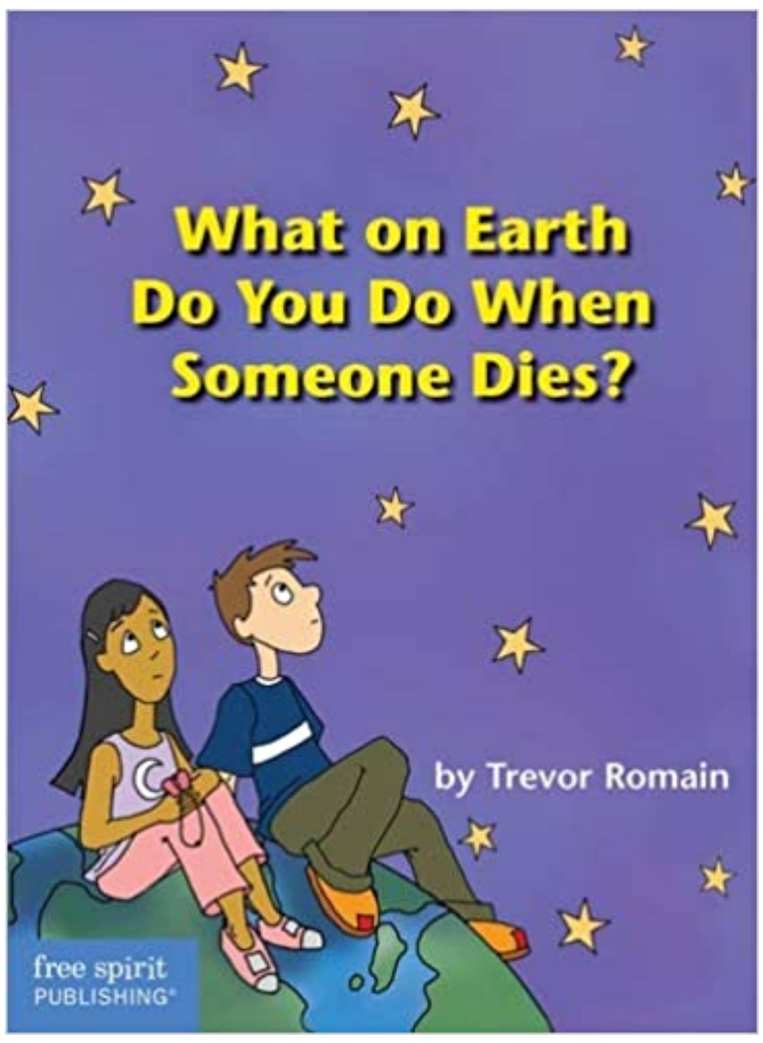
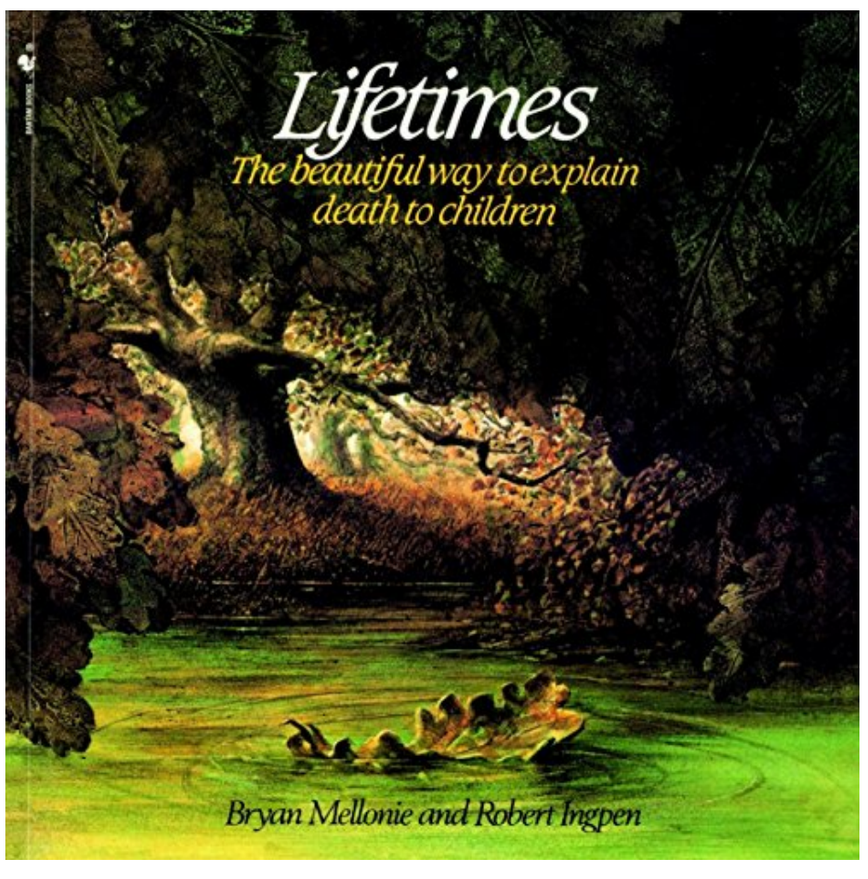
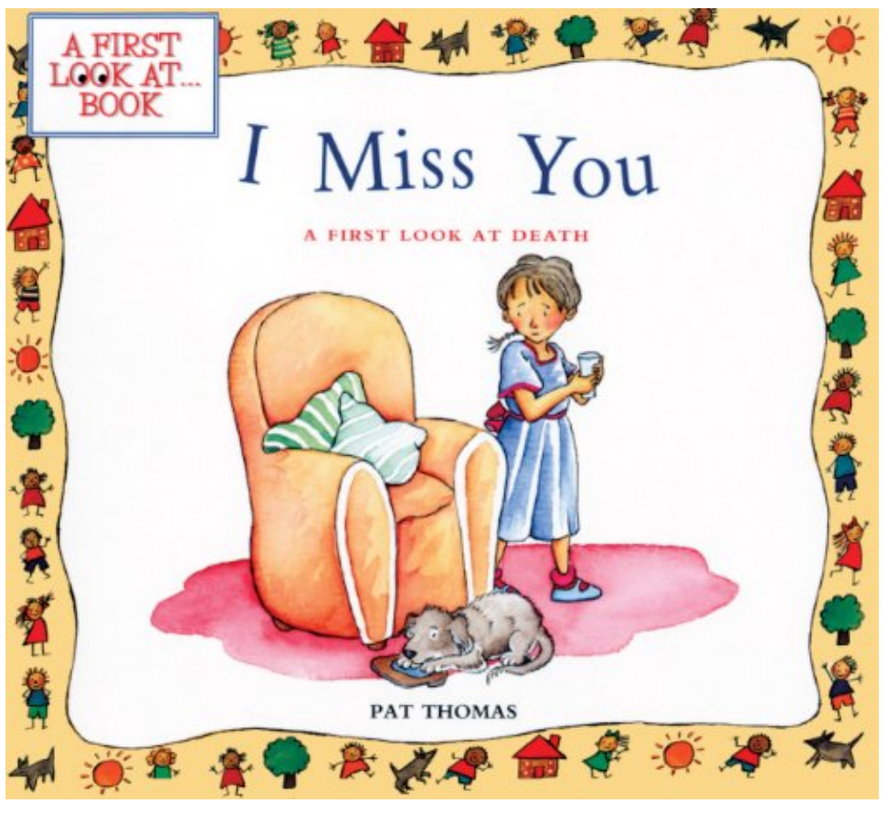
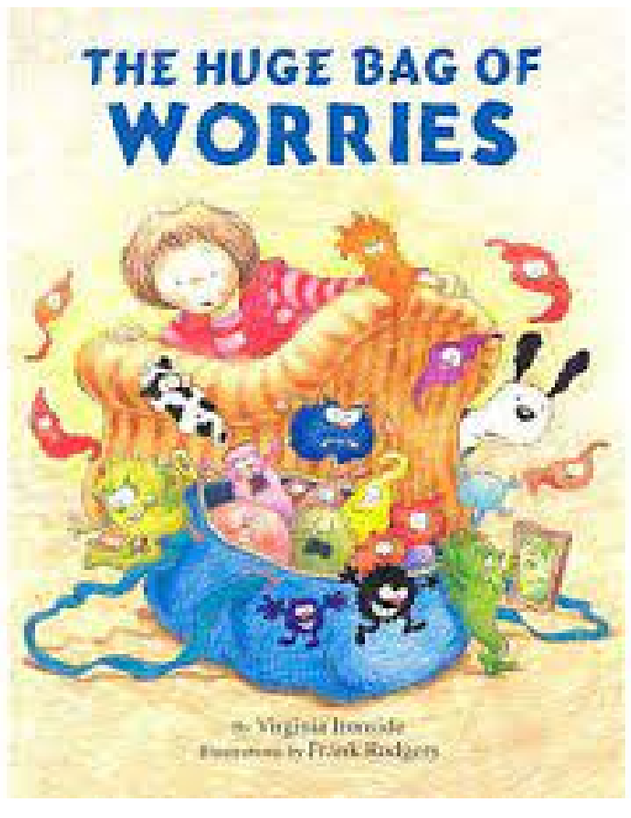
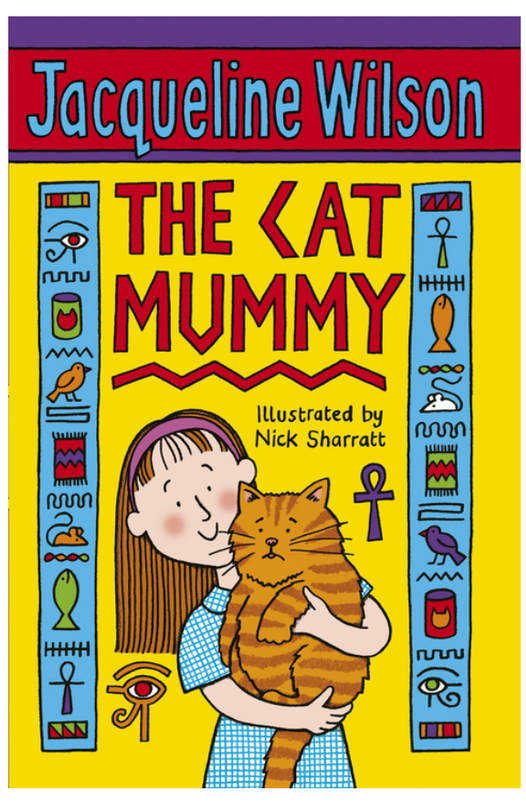
WINSTON'S WISH



Child Bereavement UK
REBUILDING LIVES TOGETHER



RAINBOW TRUST
SUPPORTING FAMILIES WITH A SERIOUSLY ILL CHILD

Storybooks

There are lots of organisations and resources that might help. We have collated some that you can explore and see if they are helpful for you.