

WRITING AN UNSENT LETTER

When someone dies you may have things you wish you'd said to them, feelings you want to let out, or you may want to write down things you miss about that person. A way to do this is to write a letter to the person who has died.

There are no right or wrong things to put in your unsent letter, it's up to you what you would like to write. It's important to take your time as this can be a difficult thing to do, maybe you could write a few bits at a time rather than writing it all in one go.

Here are some ideas of what you could write:

- Things you would like to have said to your important person before they died
- Things you miss about that person
- How you are feeling
- How you feel about the person who died, for example if you feel angry towards them
- Things you would like to know, for example information about how they died

What to do with your letter

It's up to you what you do with your letter once you have written it. You can keep it private, maybe in a special box, and read it when you want to. You can share it with someone you trust and maybe they can help to answer your questions or talk about your feelings. You could do something symbolic with your letter, such as taking it to a special place, putting it on a grave, tearing it up or burying it in the garden.



"Don't hold in your emotions! I'm someone who was constantly doing this. Let it out no matter how you feel because it does more damage than good when you hold in how you feel. Write down your feelings. It may sound silly but this is something I tried and felt a lot better afterwards. This isn't something you need to give to anyone, it's just for you as a way to let your feelings out." Ashleigh

**WINSTON'S
WISH** *ww*

Giving hope to grieving children