



This is your plan - You don't have to answer all of these sections, just answer what you can, when you can. Keep coming back to it to make changes or when there are new things that you'd like people to know and support you with. This can be a creative space for you to express yourself and your needs.

Date created:

Date for review:

Plan for:

Created with:

Your key contact(s):

Who has died or is dying?

A space to share their name, their relationship to you, how they died or their illness and anything else you'd like to share.

Home life:

A space to talk about who is at home and how everyone is feeling, and any important beliefs the child has (culture, religion and spirituality).

Who supports me outside of education?

A space to share who you go to for support and help.



What helps me:

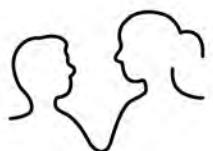
A space to share what helps to make things feel any easier, are there any ideas that you'd like to try.

What isn't helpful:

A space to share what makes things feel more difficult.

Key person:

A space to think about someone you feel most comfortable with who could help and support you.



Sharing with others?

A space to explore who knows already and what else you would like to share with others (peers, friends, members of staff, new staff).



Significant dates and times of year:

Are there any specific dates or times of year that you would like us to be aware of? (anniversaries, birthdays etc).



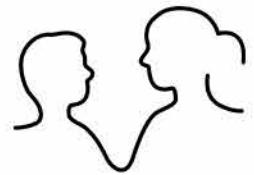
Triggers:

A space to share particular topics or lessons that may be distressing. Think about how you would like someone to support you if you are triggered by something (do you want a 'time out' card, a code word etc).



Being in your place of education:

A space to explore anything that feels difficult about being there, particular lessons or topics.



How will we know when things are difficult?

A space to explore what we may see, how you can let us know and what you may need.





Anything else you'd like to add to your plan:

This plan has been designed and created by a group of bereaved children and young people with the hope of opening up the conversation around grief support in education.



Support is immediately available on weekdays (excluding bank holidays) from 8am to 8pm
08088 020 021 ask@winstonswish.org winstonswish.org