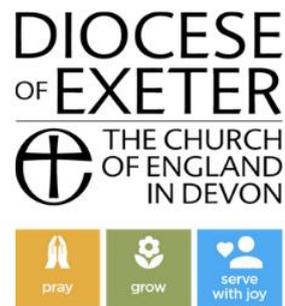


# Bereavement

Supporting people at the time of bereavement when children, young people or families are involved - some ideas from the Diocesan Education Team.



---

*At the sight of her tears, and those of the Jews who followed her, Jesus said in great distress with a sigh that came straight from the heart, 'Where have you put him?' They said, 'Lord, come and see.' Jesus wept. - John 11:33-36, the Bible*

---

This resource contains ideas and resources for supporting people after a bereavement.

It includes:

- Bereavement resources for schools
- Resources for use with young children
- Resources for use with older children and young people
- Resources for people who cannot attend a funeral
- A biblical perspective on grief and bereavement.

We will be adding to this resource, so please do check back regularly.

If you have a bereavement in your parish or local school, a member of the Education Team can help. We can offer support in the short and long term including ideas for services or suitable memorials.

The team are currently working remotely but can be contacted via their normal work emails and phone numbers. Additionally, if you have an urgent query during office hours, the main office telephone line will be diverted directly to a member of the team.

**Urgent enquiries:** 01392 294 950 (to be diverted to a member of the team)

**General enquiries:** [education@exeter.anglican.org](mailto:education@exeter.anglican.org)

**Team contact details webpage:** <https://exeter.anglican.org/schools/contact-team/>

If you are unsure how to contact your local church and would like to you can find details [here](#).

# Bereavement Resources for Schools



**The Church of England's Going for Growth** has a web page filled of resources to support bereavement [here](#). These include links to other sites such as 'the power of language; explaining death and dying to kids' [here](#)



**Engage Worship** has recently released a song written by Sam Hargreaves called [There's a Time for Tears](#). It draws on Ecclesiastes 3, Jesus at Lazarus' tomb and 2 Corinthians. Click [here](#) for resources including words, video and MP3.



**Balloons** is a Devon based charity which offers training for schools and support for bereaved children in Devon. If you would like some advice about how best to support a bereaved child or young person, call 01392 826065 or email [admin@balloonscharity.co.uk](mailto:admin@balloonscharity.co.uk). Visit their website [here](#).



**Jeremiah's Journey** is a Plymouth based charity that offers support and information to children and their families when someone special has died... more [here](#)



Childhood  
Bereavement  
Network

**The Child Bereavement Network** has a number of resources to support schools. For example a page on curriculum development [here](#), a resources page [here](#) (we recommend the I can, You can cards), some practical tips [here](#) and young people's stories [here](#).



Care and support  
through terminal illness

**The Marie Curie** Has an excellent section on talking to children about death [here](#). Click [here](#) for advice, including what to say or do when a child is returning to school after being bereaved.



**Winston's Wish** offers practical support and guidance to families, professionals and anyone concerned about a grieving child which can be found [here](#). They also have a bank of activities linked to curriculum areas.



Cruse  
Bereavement  
Care

**Cruse** has information about coping with grief for all ages which can be found [here](#).



**Child Bereavement UK** supports families and educational professionals both when a baby or child dies or is dying, and when a child is facing bereavement. A short 3.5minute video to help adults know how to talk to a child about someone who has died can be found [here](#). Homepage [here](#). Helpline: **0800 02 888 40**



**Youthscape** signposts to [resources](#) that are useful for children/young people's good mental health – mostly aimed at secondary school age pupils.



PAPYRUS  
PREVENTION OF YOUNG SUICIDE

**PAPYRUS** has developed a guide to suicide prevention, intervention and postvention in schools and colleges. It aims to equip teachers with the skills and knowledge necessary to support schoolchildren who may be having suicidal thoughts with [Save The Class](#) resources. It runs [HOPELINEUK](#) where advisers can

talk with children or young people under 35 or others who are worried about them. The [Bedtime Stories](#) resources highlight the impact of online bullying.



**Care for the Family** offers support by bereaved parents for bereaved parents and helps friends, relatives and churches to provide appropriate support. For more information click [here](#)



The Dougy Center is an American charity which provide support and resources to enable grieving children, teens, young adults, and their families, to share their experiences. Click [here](#)



**A PINTEREST page of bereavement** resources [here](#) includes useful books and links. Including *Badger's Parting Gift* by Susan Varley; *Rabbityness* by Jo Empson; *Waterbugs and Dragonflies* by Doris Stickney and *The Invisible String* by Patrice Karst.



**BBC Ideas** - A suite of short films focusing on death, bereavement and grief has been made. They may be useful individually to stimulate discussion. For example there is one where Palliative care doctor and author Kathryn Mannix argues that it's time to break the taboo that exists around death – click [here](#). And another, which centres on how for some, their childhood bereavement has been a source of strength as they have grown up. Click [here](#).



**The Compassionate Friends** is an organisation of bereaved parents and their families, offering understanding, support and encouragement after the death of a child. More information can be found [here](#).

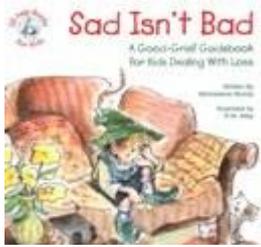
---

*Though weeping may come in the night, there'll be joy in the morning,  
when the taste of our tears is replaced with the feast of the Lord,  
and our enemy death is consumed in the blaze of God's glory,  
and our grief will be no more.*

[From O Sisters and Brothers – Resound Worship](#)

---

# Resources for Use with Young Children



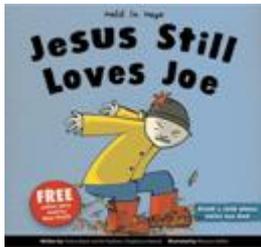
## **Sad Isn't Bad: A Good-grief Guidebook for Kids Dealing with Loss**

Michaelene Mundy

[Publisher's info here](#)

*There are a number of other titles in the excellent 'Elf-Help Books for Kids' series including What Happens When Someone Dies? A Child's Guide to Funerals.*

[More info here](#)



## **Jesus Still Loves Joe**

Victoria Beech

[Publisher's info here.](#)

*Other material by Victoria Beech can be found [here](#).*



## **Jesus Still Loves Joe**

Victoria Beech

*An online story for 3-7s, narrated by Bear Grylls*

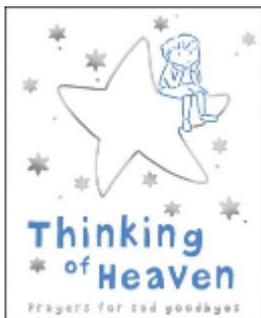
[Link here.](#) *Other material by Victoria Beech can be found [here](#).*



## **Online videos**

Paediatric Chaplaincy Network

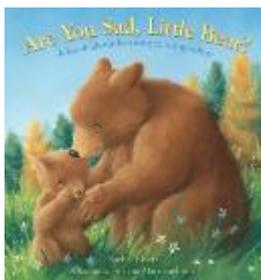
[Link here](#)



## **Thinking of Heaven: Prayers for Sad Goodbyes**

Sophie Piper and Annabel Hudson

[Publisher's info here](#)



## **Are You Sad, Little Bear?**

Rachel Rivett and Tina McNaughton

[Publisher's info here](#)

## Goodbye Mog

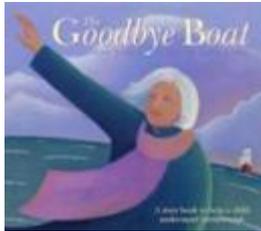


Judith Kerr

### **Goodbye Mog**

Judith Kerr

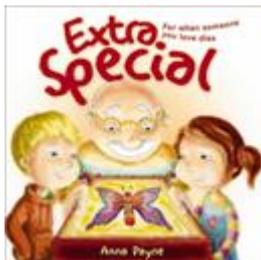
[Publisher's info here](#)



### **The Goodbye Boat**

Mary Joslin

[Publisher's info here](#)

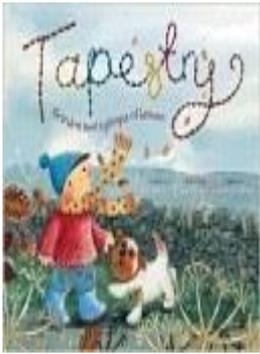


### **Extra Special: For When Someone You Love Dies**

Anna Payne

[Publisher's info here](#)

# Resources for use with Older Children and Young People

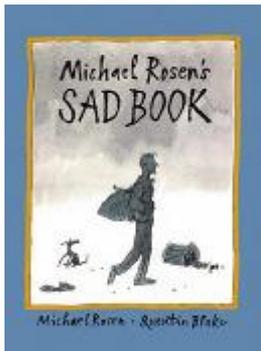


## **Tapestry**

Bob Hartman

When Danny's grandad dies, Danny is sad - and full of questions: 'Where is Grandad?' 'What is he doing?' 'Will I see him again?' Gran is sad too. But Gran wants to help Danny. It will take a little time, but with Grandad's old shoelaces, his favourite jumper and an old cloth cap, Gran sews a beautiful picture of heaven that helps Danny understand Grandad's new life. A gentle and insightful tool for any grown-up explaining the forever-after to a child.

[Publisher's info here](#)



## **Sad Book**

Michael Rosen

[Publisher's info here](#)

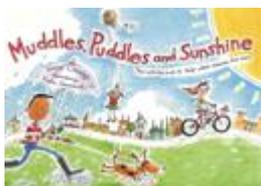


## **Saying Goodbye to Greg**

Christine Chapman

A school-based resource.

[Publisher's info here](#)



## **Muddles, Puddles and Sunshine**

Diana Crossley and Kate Sheppard

[Publisher's info here](#)



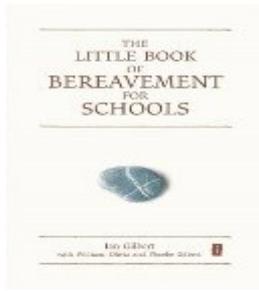
## **Out of the Blue**

Julie Stokes and Paul Oxley

An activity book for teenagers.

[Publisher's info here](#)

## Resources to Help Adults Reflect

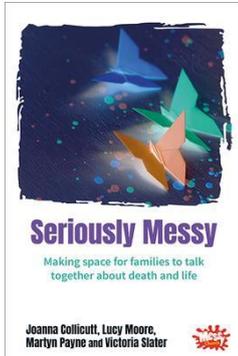


### **The Little Book of Bereavement for Schools**

Ian Gilbert

Written by a dad and his children based on their own experience.

[Publisher's info here](#)

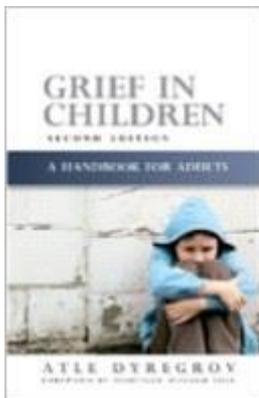


### **Seriously Messy: Making space for families to talk together about death and life**

Joanna Collicutt, Lucy Moore, Martyn Payne, Victoria Slater

Supports church communities in talking about death and loss.

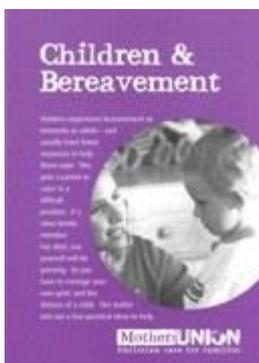
[Publishers info here](#)



### **Grief in Children: A Handbook for Adults (second edition)**

Atle Dyregrov

[Publisher's info here](#)



### **Children and Bereavement**

A Mothers' Union leaflet.

[Order some from this page](#)



### **After a Suicide Death**

Dougy.org

Top Ten Tips for helping children and teens.

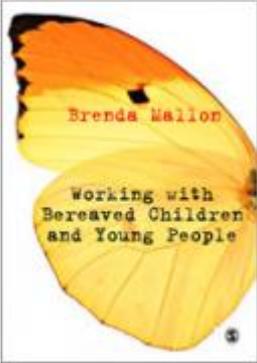
[See page 2 of this PDF](#)



### **Coping with Suicide in Your Youth Group**

A 16-point article by Erin Hicks

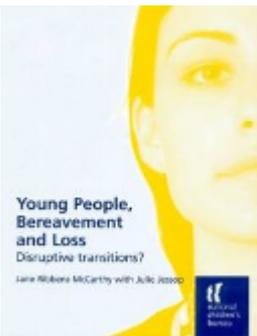
[Click here to read it](#)



### **Working with Bereaved Children and Young People**

Brenda Mallon

[Publisher's info here](#)



### **Young People, Bereavement and Loss**

Jane Ribbens McCarthy

[Publisher's info here](#)

# Resources for People who Cannot Attend a Funeral

**FUNERALS**

## A simple reflection at home on the day of a funeral you can't attend

It's so difficult when you can't go to a funeral, whether for family, friend or neighbour. Many are facing this in the current crisis, so this short reflection has been specially written by a vicar for you to do at home, alone or with those who share your home. You might wish others to take part at the same time from their home.

When this time of social distancing is over, there may well be an opportunity to meet together at a special time of remembering and thankfulness. Your memories now can be part of that experience when the time comes.

Neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor heights, nor depths, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

*Romans 8:38-39*

*Before you find a place to sit quietly, you might like to find a photograph of the person who has died, write down some special memories, or play a special piece of music that connects you with the person you are remembering today. Think about those who are at the funeral and pray for them.*

*When it says 'I' in it, pray, just say the name of your parent.*

*You might like to light a candle. Then pray:*

Be with us, loving God,  
Have our prayers and comfort us in our loss,  
and help us to trust in your Son Jesus,  
whom you raised from the dead.  
Strengthen our faith and renew our hope  
that Christ will share with us in his resurrection.  
Amen.

*Read Psalm 23*

- 1 The Lord is my shepherd, I lack nothing.
- 2 He makes me lie down in green pastures and leads me beside still waters.
- 3 He stills my soul.
- 4 Though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; your rod and your staff, they comfort me.
- 5 You spread a table before me in the presence of those who trouble me; you have made my head overflow with oil, and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

*Reflect on your memories.*

- What stands out in your memory about **ME**?
- What will you always remember about them?
- What things did you learn through their life and death, including about God?

People who cannot attend a funeral because of the coronavirus restrictions are being provided with prayers and suggestions on how to pay their own tribute at home to the person who has died, in a simple guide published by the Church of England.

The guide is available [here](#).

**FUNERALS**

## Wherever you are



It's so difficult not being able to go to a funeral. But God is very close to you at this time and always.

Take a moment wherever you are to think about the person who has died and all that they meant to you.

A prayer card can be downloaded [here](#).

# A Biblical Perspective on Grief and Bereavement

Source: [http://www.associatedcontent.com/article/230573/death\\_and\\_dying\\_the\\_bibles\\_perspective\\_pg2.html?cat=72](http://www.associatedcontent.com/article/230573/death_and_dying_the_bibles_perspective_pg2.html?cat=72) (accessed 16.09.2010)

Desiring to learn more about grief and bereavement, I investigated how the Bible deals with the subject. I discovered that people in biblical times dealt with death and dying much the same as we see today in our patients and their families.

The first grieving family that came to mind was King David and his mistress-turned-wife, Bathsheba. As a fellow bereaved parent, I can deeply empathize with the loss of their child.

As with our patients and their families, David handles it in different ways at different stages in the process. According to 2 Samuel 11-12, when their child became ill, David pleaded with God for the child's life. This is the bargaining stage of grief. Then he fasted, refused visitors and shut himself in his house, lying on the ground. This is depression stage. David has progressed to acceptance at his own pace by the time he says "But now that he is dead, why should I fast? Can I bring him back again?" Then he turned to comforting his wife.

A story from John 11-12 also deals with grief and bereavement. Jesus' dear friends, Mary and Martha have lost their brother Lazarus. As still occurs today, many members of the community had gathered to comfort them. When Jesus arrived, he was overwhelmed with pain for them. Modelling healthy grief, he freely and unapologetically showed his emotions and wept.

Job demonstrates another way of handling loss, turning to God. Upon hearing of the death of his sons and daughter, he immediately fell to the ground in worship. He praised God and acknowledged that He gives and takes away. When I see someone reacting in this way, it never ceases to amaze me that our patients and their families have such incredible faith. It is truly inspirational and motivates me to remain in this work.

Another thing I have observed is patients coming to terms with their deaths and giving instructions to family members. We see this in Genesis 49 when Jacob realizes he is about to be "gathered to his people." He calls his sons to him and tells them he knows he will die soon. Then he states his preference of burial locations.

As we have all witnessed, as soon Jacob openly accepts his death and tells his family that he is ready to die, promptly lets go and breathes his last. It is just as important for the patient to acknowledge her impending death as it is for the family to know that their beloved is ready to die.

In my fifteen years of volunteer work with hospice, I have seen all of the above reactions to death and dying. It gives me comfort to know that there really is nothing new under the sun.