

MY GRIEF DEN

Sometimes it feels good to have some alone time, and a space where you can be you, especially if you are having a sad or confusing day.

Maybe ask an adult to create a den space for you – may be in a place where you won't be disturbed.

Use cushions, blankets, bed sheets, chairs, sides of sofas, and tables until a dark, comfy, quiet, and safe space has been made.

Inside try to have some things you like, for example snacks, water, books, Lego, paper & pens, Pip

GRIEF DEN RULES:

- Who is allowed in the den?
- What are the important things will you have in there? Cushions, blankets, duvets, Pip, bears
- What activities are allowed to take place in there? Reading, drawing, listening to music, Lego building

