

SCOTTY'S SUPPORT PACK

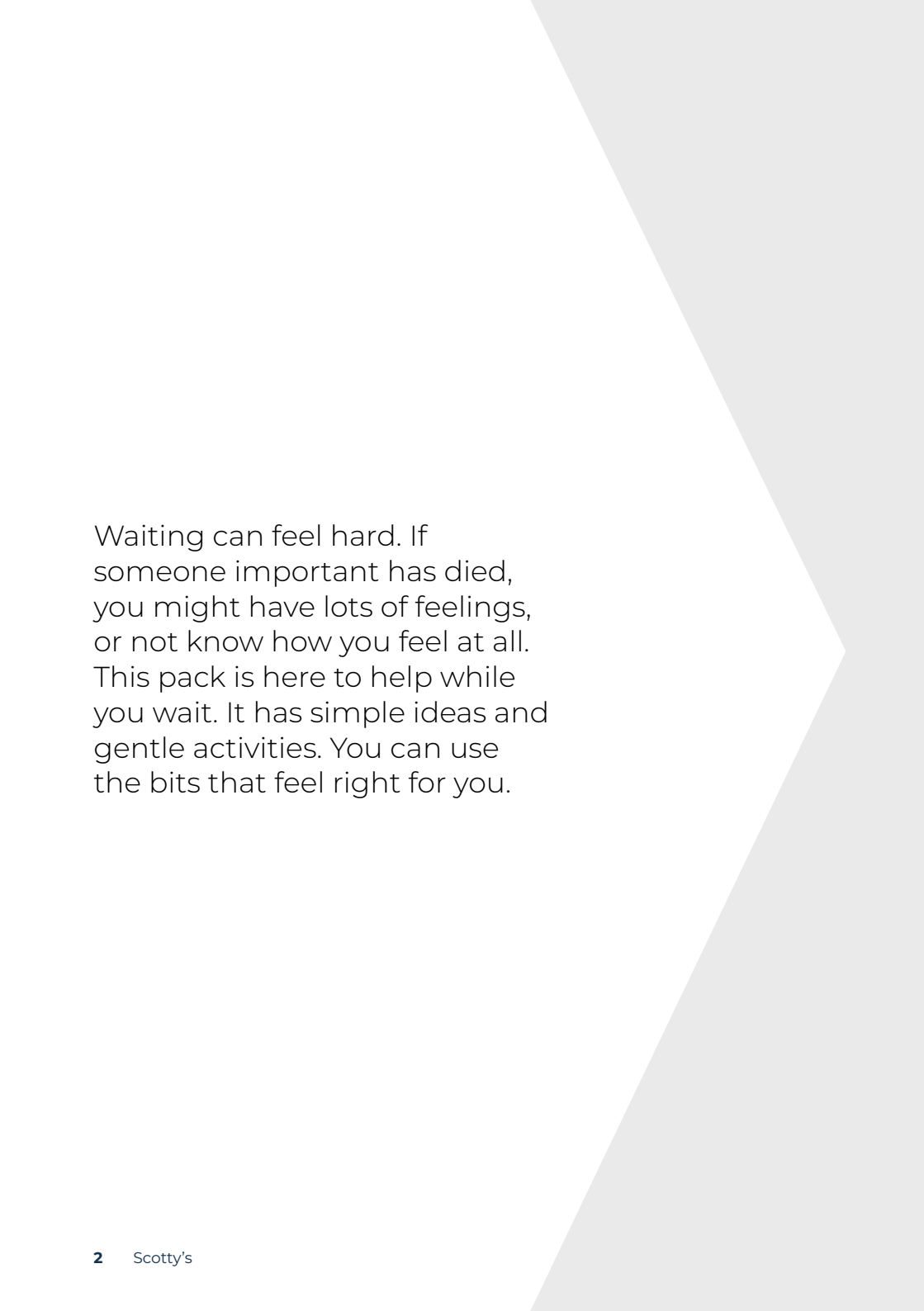


**SUPPORT
PROGRAMME**



scotty's
THE MILITARY BEREAVEMENT CHARITY





Waiting can feel hard. If someone important has died, you might have lots of feelings, or not know how you feel at all. This pack is here to help while you wait. It has simple ideas and gentle activities. You can use the bits that feel right for you.

UNDERSTANDING GRIEF

- Grief is what can happen when someone important dies.
- It can bring lots of feelings, like sadness, anger, worry, or confusion.
- You might feel it in your body too, like a sore tummy, tiredness, or trouble sleeping.
- There is no right or wrong way to feel.
- Some days may feel a bit easier. Some may feel harder.



THINGS THAT MIGHT HELP

- › Big feelings can make things feel hard.
- › Small things and a gentle routine can help like eating, resting, and waking up at the same time.

We asked some of the team here at Scotty's Little Soldiers what helps support them. Here are a few simple things that make a real difference:



Prioritising sleep

8+ hours helps me think clearly and feel ready for the day



Getting outside daily

Fresh air and a short walk can reset your mind



Moving your body

Even a quick run or jog lifts your mood



Trying new music

Something different can be surprisingly calming



Talking it out

Sharing what's on your mind really does lighten the load



Taking quiet moments to settle yourself or focus on your breathing



Cuddles with my favourite pets

Small habits can have a big impact.
What's one thing that helps you look
after your wellbeing?



Signing up to a Scotty's Event



Coming together with other families at a Scotty's event can help to reduce feelings of isolation and like you are struggling alone. Meeting other members who might have had a similar experience and talking through some of your worries might help. Connecting with others is important to us all at difficult times in our lives and Scotty's events are designed to make it ok to smile again and meet new people including our Scotty's team!

BIRTHDAYS, ANNIVERSARIES, AND OTHER IMPORTANT DAYS

Some days can feel extra hard, like birthdays, holidays, or family days. You will receive a care package from us at some of these important times of year to let you know we are thinking about you.

It can also help to make a small plan for these special days. You could light a candle, look at photos, draw a picture, or talk to someone you trust. Sometimes it can be hard to know how to remember so we have included a few ideas from the Families Team here at Scotty's.



It's good to talk

Take the time to chat to your family or friends about your loved one. Share stories or memories. You might even learn something new about them.



Go outside

Take some time to think about your loved one. Fresh air and time outdoors can help us to process difficult emotions.



Cook a meal in memory

Maybe you fancy cooking their favourite meal or ordering their favourite take away.



Listen to music

Music reminds us of so many things and can help us with our emotions. Maybe you could listen to their favourite band.



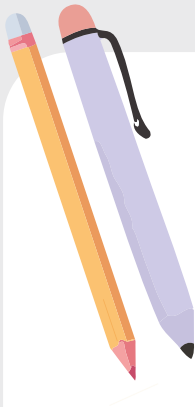
Make a scrapbook or keepsake box

You could include photos, bits of their clothing, certificates and special memories or stories you have been told.



Visit somewhere special

Go and visit a place where you feel close to your loved one. It could be visiting their grave, a place of Remembrance or even somewhere you used to go together. Just take some time to think about your loved one.



Write or draw your own ways to remember here

ACTIVITY IDEAS

Here are some gentle things you can try on your own or with a trusted grown-up.



Feelings colours

Pick a colour for how you feel today.



Keepsake box

Keep pictures or little things that remind you of your person. You can even request a free keepsake box from Scotty's designed by the Scotty's Youth Council!



Calm breathing

Breathe in for the count of 4 slowly and out for the count of 4 slowly.



Letter or picture

Write or draw something for the person who died.

SUPPORT SERVICES

While you wait, there are people who can help you and your family.

- » A parent, carer, teacher, or trusted grown-up
- » Your doctor
- » Scotty's will check in with you and your parent or carer while you wait



If you feel very unsafe or very scared, tell a trusted grown-up straight away. They can help you get support.

childline
ONLINE, ON THE PHONE, ANYTIME

shout
85258

THE MIX

ChildLine and The Mix and SHOUT are there day and night too.

<https://www.childline.org.uk/>
<https://www.themix.org.uk/get-support/text-shout/>

FREQUENTLY ASKED QUESTIONS

Grief can change from day to day. Some days may feel okay, and some may feel hard. If this pack helps even a little, that is enough. Please be gentle with yourself while you wait for support.

Questions children and young people often ask:

Is what I'm feeling 'normal'?

Yes. Lots of feelings can happen after someone dies. There is no right or wrong way to feel.

Why do I feel worse now?

Grief can change over time. Feeling worse does not mean you are doing anything wrong. Some young people we have spoken to have described their grief as feeling like 'waves' or 'a rollercoaster.'

Why am I not crying?

Not everyone cries. People show sadness in different ways. But it is also okay to cry if you feel sad.

Is it okay to laugh?

Yes. Smiling or laughing does not mean you have forgotten your person.

What if I do not want to talk?

That is okay. You might prefer drawing, writing, being quiet, or sitting with someone you trust.

Is now the right time to get support?

There is no perfect time. If things feel hard, it is okay to ask for help.

What if I do not want bereavement support or counselling from Scotty's anymore?

That is okay. You can ask your parent or caregiver to let us know. If you want support again later, you can get back in touch.

BOOKS

Books can be a gentle way to learn about grief and feelings. You might like to read with a grown-up, or you might want to look through a book quietly by yourself. You do not have to read everything, and you can stop at any time. Choose the books that feel right for you and leave any that do not feel helpful.



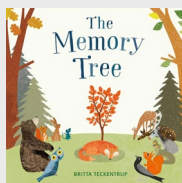
Badger's Parting Gifts by Susan Varley Ages 4-8

Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally dies, they are grief-stricken, but one by one they remember the special things he taught them during his life.



Muddles, Puddles and Sunshine by Diana Crossley Ages 5-10

A memory and activity book which suggests a series of activities accompanied by the friendly characters of Bee and Bear.



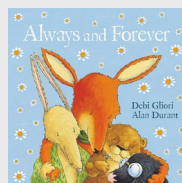
The Memory Tree by Britta Teckentrup Ages 3-8

The story follows Fox, who dies peacefully after a long, happy life, and his friends who gather to share memories.



Mum's Jumper by Jayde Perkin Ages 4-8

After her mum dies, a little girl and her dad struggle with grief, navigating life without her. The girl finds comfort in her mum's old jumper, which still carries her smell, helping her keep her mother close.



Always and Forever by Debi Gliori and Alan Durant Ages 4-8

It follows three friends - Otter, Mole, and Hare - who are devastated when their friend Fox dies. They learn to cope with their loss by sharing memories, laughter, and honouring him.

For further resource ideas please see our book list.



scotty's
THE MILITARY BEREAVEMENT CHARITY

