

# Our promise

This page is a special promise for you and grown-ups who care about you.  
Read it together and tick the boxes.

- We/I can**
- Ask questions about what happened
  - Ask you for help when I need it and cry if I am sad
  - Tell you what I need to make me feel better
  - Have a hug whenever I need one
  - Talk about my feelings, whatever they are
  - Laugh and have fun, even when I am sad
  - Keep something that belonged to my special person
  - Do something special on anniversaries
  - Have something to look forward to

- My grown-up/s can**
- Be honest with me when I ask questions
  - Understand that I am very sad that my special person has died and I have lots of feelings because of my grief
  - Tell my school what has happened and tell me who I should talk to at school if I need help
  - Talk to me about any changes in my life before they happen
  - Let me play and have fun
  - Tell me about their feelings too and cry if they are sad

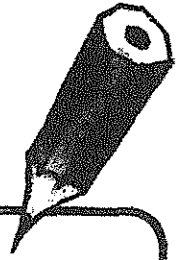
Sign your names here

Signed .....	Signed .....
Signed .....	Signed .....
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# My poem

Another way to remember someone is to write a poem about them.  
It's easy. Finish off the sentences below.



Our best day out was \_\_\_\_\_

It was great because \_\_\_\_\_

The weather was \_\_\_\_\_

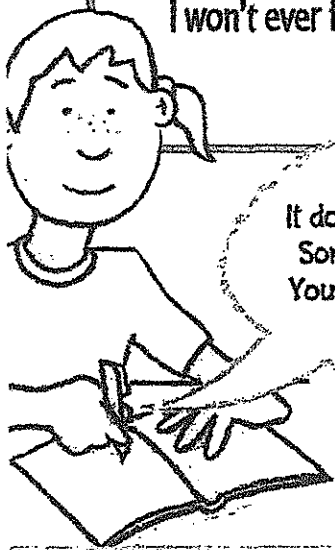
It smelt like \_\_\_\_\_

We talked about \_\_\_\_\_

The things we did included \_\_\_\_\_

When we went home \_\_\_\_\_

I won't ever forget \_\_\_\_\_



When you've finished, take away the words that you didn't write, and what is left behind is your poem! It doesn't have to rhyme to be a great poem. Some of the best ever poems don't rhyme. You might want to have a few attempts to get the perfect poem!

You will remember them **FOREVER.**



## Lovely Nanna

Shopping in town

We went to a café

Cloudy, rainy, black and grey puddles!

Coffee smells, foodie smells

Sitting on Nanna's lap

Eating crunchy cookies

Drinking Piggy Juice

Cups of tea and Nanna's favourite  
biscuits with chocolate in the middle

Riding in Nanna's wheelchair having  
lots of cuddles

I won't ever forget my lovely Nanna.

