16 - 22 November 2026

children's grief awareness week

Keeping Connected

Resource Pack

Welcome!

Welcome to the 2026 Children's Grief Awareness Week Resource Pack! The Week runs from **Monday 16 to Sunday 22 November** and is a chance for us to come together to show support for bereaved children and young people across the UK.

The Week incorporates international Children's Grief Awareness Day, linking our Week internationally. Children's Grief Awareness Day is always held on the third Thursday of November (the Thursday before the U.S. holiday of Thanksgiving).



Our theme

This year, the theme is **#KeepingConnected,** helping bereaved children and young people feel connected to their friends, family, grief traditions and memories.

The week aims to champion and celebrate the networks of support around bereaved young people, and the threads of hope that keep them connected.

Look out for young people's tips about how they are **#KeepingConnected**

About this pack

This pack includes

- Key messages for the week
- Ideas and prompts from bereaved young people about ways of keeping connected
- Suggested activities for groups and individuals to mark the theme
- Links to more assets to help with your activities and socials.

#KeepingConnected

Whether you're a bereaved young person, someone in your family and friends is grieving, or you're looking for activities for bereavement groups or schools, we hope this pack will give you everything you need to get involved.

From this school term, primary and secondary schools in England are expected to teach content about coping with loss and bereavement.

This is a great opportunity to support the next generation to be great grief allies to their friends. We hope this pack will help you develop activities and ideas to support this important work.



Who is the Week for?

It's for everyone!

- **Bereaved children and young people**
  to remind them of their network of support, the threads of hope that keep them connected, and their relationship with the person who has died
- **Everyone who supports a bereaved child or young person**
  friends, families, communities and networks, giving them practical ideas about how they can support.

We hope you'll all get involved!

Key messages

When someone important has died, we can feel disconnected and alone.

As well as missing the person, our grief can make us feel lonely and isolated, and get in the way of our friendships and relationships.

There are lots of different ways of #KeepingConnected, whether you are grieving, or wanting to support a child or young person who's going through this.

As a bereaved young person...

...#KeepingConnected to your friends and family
can be helpful as you grieve. There are people around you who want to support, even if they don't know how

...#KeepingConnected to your memories and the person who died
can be comforting and painful, sometimes at the same time. Places, music, food and experiences are just some of the ways you might feel connected to the person. Your feelings about these might change over time, and that's ok

...#KeepingConnected to your grief cultures and traditions
- the way you 'do' grief in your family and culture - can help you feel involved and bring you closer together

...#KeepingConnected to other bereaved young people
can help you feel less alone. There are others out there who 'get it' and you can support each other with tips and threads of hope.

If you're supporting a bereaved young person

there are lots of ways of showing you care by **#KeepingConnected**

Suggested activities

Sharing content on socials

Share content on the theme of **#KeepingConnected**

You could invite children and young people to complete sentences to help you develop content (graphics, short form content, blogs etc):

- I'm **#KeepingConnected** while grieving by...
- **#KeepingConnected** while grieving helps me by...
- I'm **#KeepingConnected** to support my friend by...

Hashtags

#KeepingConnected

#ChildrensGriefAwarenessWeek

Themes for each day

Monday 16 Nov

#KeepingConnected to your family and friends

Tuesday 17 Nov

#KeepingConnected to your memories and the person who died

Wednesday 18 Nov

#KeepingConnected to your grief cultures and traditions

Thursday 19 Nov

#KeepingConnected to other bereaved young people

Friday 20 Nov

being a good grief ally by **#KeepingConnected**

Assets and logos

Download Children's Grief Awareness Week logos, certificates other assets at www.childhoodbereavementnetwork.org.uk/cgaw

#Keeping Connected across your Support Universe

What you'll need

Paper, pens, string, buttons or other items, blue-tak or sellotape

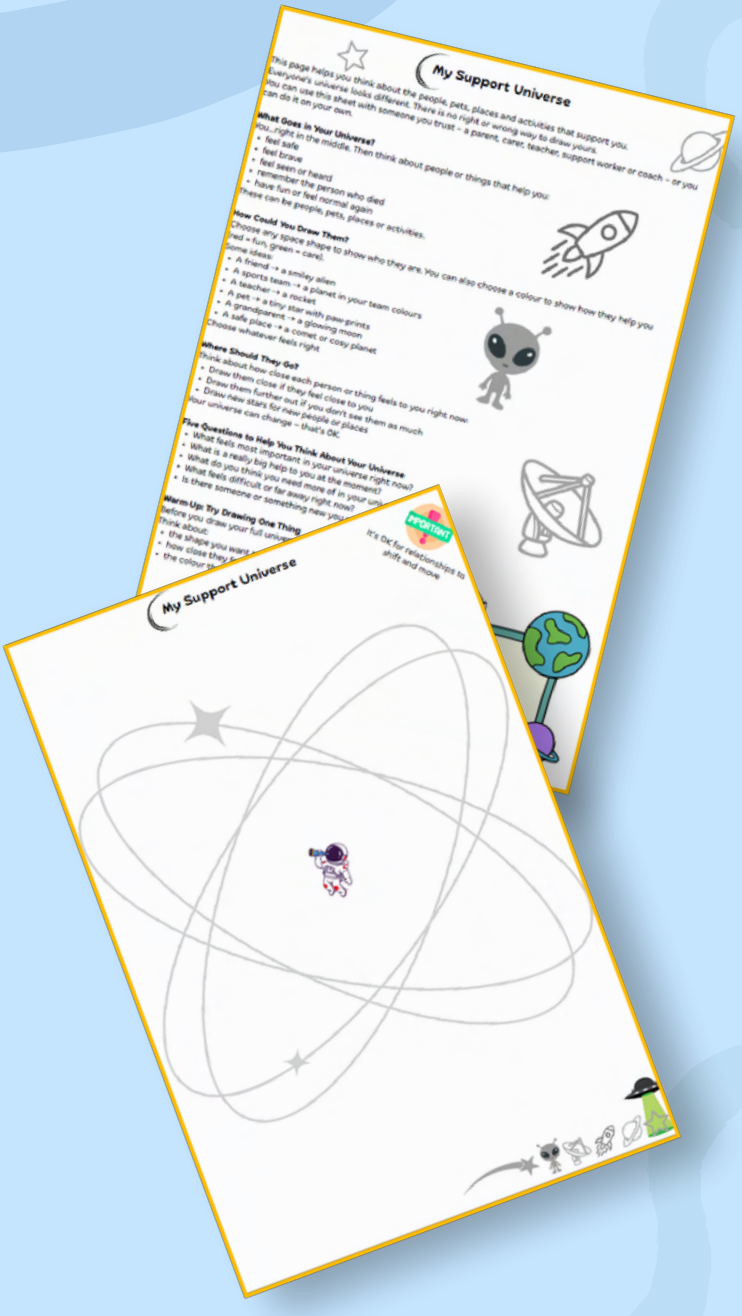
Copies of the 'My Support Universe' worksheets at the back of this pack

What to do

You can invite bereaved children and young people to identify the supportive people in their network – their friends, family members and other important people.

They could draw these out on paper, or use buttons or other items to represent the people, and connect them using strings or lines to represent threads of hope.

Use the 'My Support Universe' worksheets at the back of this pack to run this activity.



Asking for the support you need

What you'll need

Copies of the CBN postcards

(download from:

www.childhoodbereavementnetwork.org.uk/cgaw

Pens

What to do

Sometimes, people around you want to help after a bereavement but they're not sure how.

Young people working with Seasons for Growth trainers at the Notre Dame Centre in Glasgow have made some suggestions of things that other bereaved young people might find helpful.

There's a set of ideas for parents and carers, and another for friends.

You can invite bereaved young people to download the suggestions and tick the ones they would find helpful.

#KeepingConnected while grieving helps me by...



#Keeping Connected to memories and the person who has died

Memories and connections with the person who has died can be comforting and painful, sometimes at the same time.

Places, music, food and experiences are just some of the ways children and young people might feel connected to the person.

You could invite children and young people to share a memory of the person who died, or to draw a picture of an object, place or food that makes them feel connected.

They might even want to share a piece of music, or to prepare food together.

Take care over this activity – don't force it, particularly if children and young people are struggling to access positive memories of the person who died.

If that's the case, keep a focus on connections with supportive people in their network and try one of the other activities in this pack.

"I'm #KeepingConnected by re-living our happy moments for us."
Issy

#Keeping Connected to grief cultures and traditions

#KeepingConnected to these traditions can help children and young people feel involved and included.

Learning about others' traditions can help explore ideas and connections around grief and loss

Every family, community and culture has particular ways of marking grief and bereavement.

- There are particular ways of preparing the body after a death.
- Different things happen at and around the funeral.
- It might be that there is a particular time of year when people who have died are remembered, such as the Mexican Day of the Dead, or during Yizkor prayers on certain days in the Jewish calendar.

Invite bereaved children and young people to talk to their family and community about their important traditions.

"I'm #KeepingConnected by visiting our country and learning the language more and learning more about our history and culture." Issy



BBC's and BBC Children in Need's *Pudsey and the Thread of Hope* is based on the original story by Tom Fletcher.

It follows Jai, a young boy whose father has died, as he embarks on a journey of healing, hope and adventure with Pudsey.

Along the way, they meet other children connected by a golden thread of kindness and empowerment.

What you'll need

- A copy of the book *Pudsey and the Thread of Hope* or access to watch the animation
- Access to listen to the title song
- A ball of string or wool.

1 Set up & story

Show the animation on BBC iPlayer (24 minutes) or read the book (10 minutes) with children.

Please make sure you have the appropriate licences in place to watch BBC iPlayer in school.

2 Discussion

Lead a discussion about Jai and how his feelings change over the course of the story. You might want to ask:

- How was Jai feeling in the skate park?
- Who did he make a connection with in the story?
- What advice did the other children give him?
- How did Jai feel at the end of the story?
- How was he still connected to Pudsey and the others?

Images reproduced from *Pudsey and the Thread of Hope* © BBC 2025.

3 Activity



Invite the children to sit or stand in a circle.

Ask them to think - in their heads, not out loud - about a thread of hope they would pass to Jai and the words that would go with it (e.g. 'It's always worth a try' or 'Keep connected; there are lots of people who want to support you').

Once everyone has an idea, give the ball of wool to someone in the group. They need to take hold of the end of the wool, then roll the ball towards someone else, ideally on the opposite side of the group. They should say their idea out loud as they do so.

When the ball of wool reaches the next person, they must hold on to the thread, then roll the ball to the next person, saying their own idea out loud.

Repeat until everyone has had a go and the ball of wool is back with the person who started.

When you are done, celebrate the star shape that the wool has made and all the threads of hope that make it up.

4 Closing section

Play the title song.

This song, specially written in aid of BBC Children in Need by Tom Fletcher, has a chorus:

By a thread of hope we are connected
With the thread of hope, we are one
So when things are only getting worse
Darker than the centre of the universe
It will glow, so don't let go of your thread of (hope)

Tips from Pudsey for activity leaders



- Come up with a couple of ideas for threads of hope that could support Jai, in case any of the children or young people need a prompt.
- If they're full of ideas, you can always have another round.
- At the end of the activity, you could cut the threads so that everyone gets to take a piece home.
- As an extension, you could invite the children and young people to write their ideas on cards or luggage labels that you attach to a washing line or string.



Images reproduced from *Pudsey and the Thread of Hope* © BBC 2025.

Being a good grief ally by #Keeping Connected

A 'grief ally' is simply someone who wants to show up and be present for their person who is grieving, in whatever way is helpful to them.

Children and young people all have the potential to be a great grief ally to friends.

Sometimes it can feel daunting to be a grief ally: you might not be sure how to help.

But there are many ways we can support a bereaved person.

Invite children and young people to consider how they could be a good grief ally. Read out the examples here and invite them to share more ideas.

If they're not sure how their friend would like to be supported, encourage them to ask! They could print off the CBN postcard with suggestions, and give it to their grieving friend to tick the ones that would help.

Even sharing the postcard will help get the conversation going, and help in #KeepingConnected.

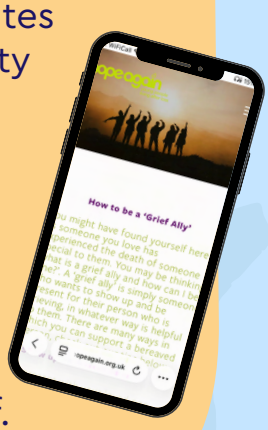


The Grief Ally tips

These tips have been developed by the Somewhere for Us team (funded by the National Lottery Community Fund) at Cruse Bereavement Support.

www.hopeagain.org.uk/grief-ally

- Show up no matter what
- Offer to support them practically
- Understand that grief doesn't 'go away'
- Note important dates
- Respect their reality
- Talk about their loved one
- Be understanding of what grief looks like to them
- Suggest support services
- Look after yourself.



Planning your session



The activities in this pack are designed to be relaxed and creative. However, we know that this could also mean discussing memories and experiencing some of those deep feelings that are associated with grief and bereavement.

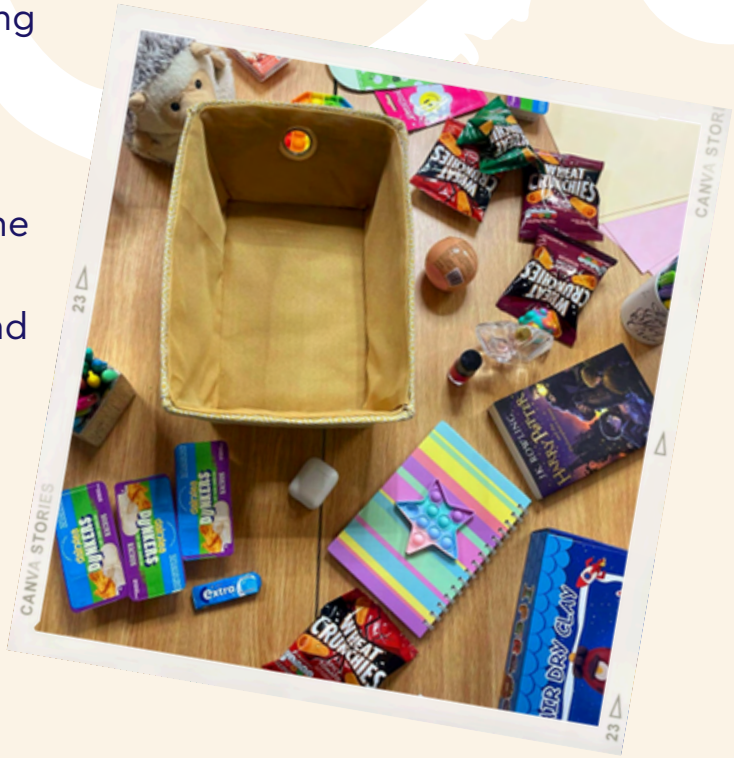
Do make sure:

- You can support anyone who may need extra attention during the session, including parents, carers, guardians or other present adults
- You are supported by your organisation – do you have appropriate support and supervision for this session and afterwards?

Safeguarding and risk assessment

As you are running these activities as part of your usual activities, you will already have your risk assessments, insurance and a safeguarding policy and process in place. Use these local processes while you are running this session.

All staff and volunteers helping to facilitate the session must be appropriately trained and familiar with your safeguarding processes, and know what to do if a child or young person shares any information that they or anyone else may be at risk of harm.



Permissions

If you are planning to use, promote or share any of the content that children and young people produce doing these activities, make sure you have informed them and, where appropriate, their parent or guardian about this, and that you have their written consent.

Make sure you explain to them for how long you expect to use their content.



Thank you and follow up

You might like to give out a Children's Grief Awareness Week certificate to everyone who has taken part in your activities.

Download templates online from www.childhoodbereavementnetwork.org.uk/cgaw



Further tips

Creative activities like this can be a helpful way to support a bereaved child or young person to talk about their feelings, explore strategies to manage their grief, and find ways to remember someone special to them who has died. When supporting a child or young person it might be helpful to follow these additional tips.

Be prepared: we would encourage you to complete the activity for yourself before supporting a child or young person with the activity, to help anticipate how it might make them feel

Find a safe confidential space for the activity

Actively listen to the child or young person

Acknowledge any questions that they may have and if you can't answer these, discuss how you might help them to find the answers

Give as many options as possible in choosing the activity and how it is completed. Children and young people tell us it is important for them to feel they have choices to help them to feel in control

Explore any feelings they may share with you, reassure them that these feelings are ok and acknowledge that feelings can sometimes feel overwhelming

Encourage conversation, be curious and ask open questions as appropriate while completing the activity

Find opportunities to explore what helps them to feel better on difficult days, and how they might be able to use this as a way to help them manage their grief

Thank you!

Thank you for getting involved with Children's Grief Awareness Week 2026

Do share any content on your socials, tagging #KeepingConnected and #ChildrensGriefAwarenessWeek and we'll do our best to amplify.

With all good wishes

The Children's Grief Awareness Week Steering Group.

Children's Grief Awareness Week is coordinated by a steering group comprising the Childhood Bereavement Network, Child Bereavement UK, Cruse Bereavement Support, Mosaic, Sibling Support, The Children's Grief Charity, WAY Widowed and Young, and West Lothian Drug and Alcohol Service. Thank you to all the young people who contributed ideas to this pack.

This year we're delighted to be working with BBC's and BBC Children in Need's *Pudsey and the Thread of Hope*. BBC Children in Need is a registered charity in England & Wales no. 802052 and Scotland no. SC039557

My Support Universe

This page helps you think about the people, pets, places and activities that support you.
Everyone's universe looks different. There is no right or wrong way to draw yours.
You can use this sheet with someone you trust – a parent, carer, teacher, support worker or coach – or you can do it on your own.

What Goes in Your Universe?

You...right in the middle. Then think about people or things that help you:

- feel safe
- feel brave
- feel seen or heard
- remember the person who died
- have fun or feel normal again

These can be people, pets, places or activities.



How Could You Draw Them?

Choose any space shape to show who they are. You can also choose a colour to show how they help you (red = fun, green = care).

Some ideas:

- A friend → a smiley alien
- A sports team → a planet in your team colours
- A teacher → a rocket
- A pet → a tiny star with paw-prints
- A grandparent → a glowing moon
- A safe place → a comet or cosy planet

Choose whatever feels right



Where Should They Go?

Think about how close each person or thing feels to you right now:

- Draw them close if they feel close to you
- Draw them further out if you don't see them as much
- Draw new stars for new people or places

Your universe can change – that's OK.



Five Questions to Help You Think About Your Universe

- What feels most important in your universe right now?
- What is a really big help to you at the moment?
- What do you think you need more of in your universe?
- What feels difficult or far away right now?
- Is there someone or something new you want to add?

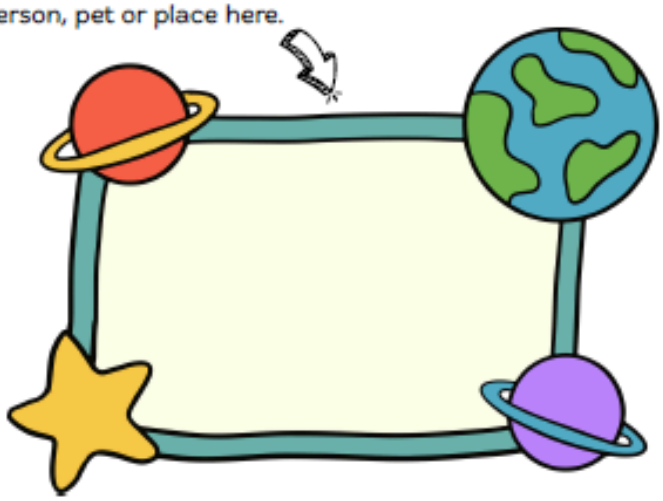
Warm-Up: Try Drawing One Thing

Before you draw your full universe, try drawing one person, pet or place here.

Think about:

- the shape you want to use
- how close they feel to you
- the colour that shows how they help





My Support Universe

IMPORTANT

It's Ok for relationships to shift and move



