

5. What Positive Affirmation Can We Agree to Say Together Every Morning and Every Night?

If we agree to say something positive every morning and every evening, it will help us to feel stronger.

Some examples of positive affirmations include:

- We can laugh and we can have fun.
- We are brave and we are courageous.
- We are going to have a good day.

Our positive affirmation is...



Our Coping Plan



We will make this plan together to help us deal with the feelings we have about the person who has died.

We are going to work together and be honest about how we are feeling and what we need from each other.

1. How Are We Going to Tell Each Other How We Are Feeling?

Our quality time will be...

Another idea is...



4. What Is One Thing That We Will Do Together That Will Help Us Both?

Making time to talk is really important, but we also need to spend quality time together doing something that acts as a distraction for us both. This distraction will give us respite from our difficult feelings and will help us to feel more energised afterwards.

Some examples of spending quality time together might include climbing, trampolining, walking, going on a bike ride, making a den or camping in the garden.

- We could plan to do one of these each week or each month.
- We could plan the activity together.
- We could be brave and try something new.
- We could invite someone else.

It is important to be able to talk to each other about our feelings and to be able to explain what we need from each other.

- We could have five minutes at a regular time each morning to talk.
- We could leave a note for each other on the kitchen table.

Another idea is...



2. What Helps Us Both Feel Better When We Are Having a Difficult Day?

- We could share stories about the person who has died.
- We could look at pictures of them and laugh about silly things that happened.
- We could do something to distract ourselves, such as go to the shops, go for a swim or read a book.
- We could spend time together doing something that we both want to do.

Another idea is...

3. When Is It Time to Talk?

During the day, we will both be busy. We have to go to school or work etc.

A good time to talk is when we are both together and we have the time to talk uninterrupted.

Our special time to talk will be...

