

Webinar – Bereavement and Loss during COVID-19 for Early Years –by Beck Ferrari



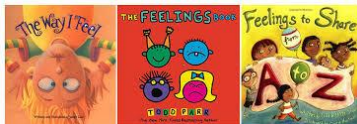
Reassurance to build the confidence that we can all help support the children

To help support the children ‘open the door of feelings communication’, the following activities were shared...

- **Drawing around the children on large paper/wallpaper:** What do you feel? Where do you feel head/heart...? How do you feel?



- **An Interactive Wall of Feelings:** Visuals to represent emotions to open thinking/ talking
- **Wooden-Spoon Feeling Puppets:** As photograph above
- **Puppets/Small World Toys:** Opportunities to externalise internal voices, finding ways to order, sequence and make sense of events and experiences
- **Teddies: to hug** Model self-regulation strategies
- **Story Books:** Story-telling is a powerful tool for helping children to make sense of the world and their experiences



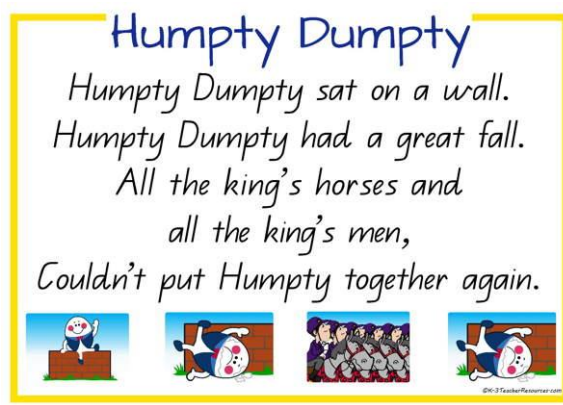
- **Playdough Faces/Hearts:** Add names/marks to represent those who we care for...
- **Feeling Face Biscuits:** Building emotional vocabulary through play will contribute positively to enable better access to relaxation, calm and ease; and provide opportunities for all to safely express and explore feelings that may get in the way of learning
- **Feelings Display/Clock:** With multiple ways to represent we can feel this a little, and we can feel this a bit too ...
- **Planting Forget-Me-Nots:** Being outside enables the child to be ‘grounded’. They can see and hear nature whilst looking after plants- another opportunity to speak about feelings, what does the plant need to be happy? What do we need to be happy?
- **People Paper Chains:** Add names/pictorial representations which can wrap around all to demonstrate all the support



- **Resources:** A free copy of ‘Small Steps’ booklet, which documents a plethora of support ideas and resources will be e-mailed to all...

Ponderings:

Just like Humpty Dumpty – we can't put altogether again (COVID-19) is bigger than all of us ... what has happened, has happened, but we can help open opportunities to share feelings and find ways to support each other family, friends, colleagues and children alike...



Grieving Puddles/Grieving Rivers

One useful illustration to describe the difference between an adult and a child's grief is to compare that feeling of being deep in a river with jumping in and out of puddles.

Adults can often feel overwhelmed by grief, as if they are caught in the current of a river and find it hard to get out – they are swamped. Whereas, young children in particular, tend to 'jump' in and out of their grief – a little like jumping in and out of a puddle – leaping from feeling very upset and distressed one moment to wanting to know what's for tea or whether they can play football, for example. The reason for this is that children need a break from the powerful emotions that accompany their grief and so are able to jump out of them for a while in order that they are not overwhelmed



Can we be led by the children? ...

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