

The background features a collage of children's drawings and drawings on hexagonal shapes. The drawings include various themes such as music (listening to Spotify, watching YouTube), sports (playing basketball, running, walking), family (family, friends, Dad, Mum), and nature (a tree, a sun, a girl). The text is written in a playful, handwritten style with colorful markers.

# Sharing Shapes

2023

## Information Pack

Part of

children's grief  
awareness week

## A collage of children's drawings and crafts. The top left features a 'Play Nelson' sign with a blue background and a star. Below it is a 'KSS2' sign with a purple background and a heart. To the right is a 'Mum' sign with a blue background and a heart. The bottom left shows a 'Bed' sign with a red background and a bed illustration. The bottom right features a 'Cat' sign with a white background and a cat illustration. The central part of the collage is a large, colorful drawing of a beach scene with a blue sky, yellow sand, and a green sea. The entire collage is set against a pink background.

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- # Self-Awareness Week,

# children's grief awareness week

Children's Grief Awareness Week (16 - 22 November 2023) supports all those who are bereaved as a child or young person and those working within childhood bereavement.

The Week starts on the same day as Children's Grief Awareness Day in America, linking our Week internationally.

**This year, the theme for Children's  
Grief Awareness Week is  
'The Shape of Your Support' -  
highlighting the support around  
bereaved children and young people.**

Communities come in all shapes and sizes.

We want to create compassionate communities around bereaved children and young people.

By highlighting children and young people's voices and experiences, we can focus on the ways that the childhood bereavement sector supports children, young people and their families through grief and bereavement.

We can also support the wider public to support children and young people who are grieving.



## **What does the Sharing Shapes activity involve?**

The activity focuses on bereaved children and young people sharing who is part of their community.

They will be invited to share by drawing or filling in a 'Sharing Shape' which can then be 'knitted' together to create two murals of shared support: one locally (in your service or organisation) and one nationally to highlight the networks of support around bereaved children and young people.

## **Why are we doing this activity?**

We want to place the voices and experiences of bereaved children and young people at the heart of Children's Grief Awareness Week.

We want to show bereaved children and young people that they are not alone: there are is a network or community they can draw on to help manage their grief and bereavement – including the people they mention in their Shape.

We want to create something that is bigger than any one child or young person – a mural of community, networks and belonging.





## **Who can participate?**

**ANY ONE!**

We want to hear from ALL bereaved children and young people. We also want to hear from those who are featured in the Sharing Shape. Think about the potential participants below:

- Bereaved children and young people
- The parents of bereaved children and young people
- Adults who were bereaved as children
- Organisations and services who support bereaved children and young people
- Organisations and businesses who acknowledge that bereavement can happen in childhood and are committed to supporting those children and young people
- Educational professionals who acknowledge that bereavement can happen in childhood and are committed to supporting those children and young people

## **Children's Grief Awareness Week is in November. Why are we doing this activity now?**

Last year we created a fantastic mural of support using Sharing Shapes. This year we want even more involvement. This pack helps you to plan the Sharing Shapes activity into your regular stream of work. By organising or offering this activity over the coming summer and autumn months, bereaved children, young people and the people who support them can participate in the Week at a time that suits them – and your service.



# Planning Your Sharing Shapes activity



## What the session involves

Having fun and getting creative!

See our instruction sheets for children and young people that you can print off and share during your activity.

The session can last as long as you need – anywhere from 30 mins to 60 mins would be ideal and allow children and young people to create their amazing works of art.



Think about who you may attract when you are advertising the activity session. Who may turn up? How can you get them involved? How can you motivate them to support the Week if they don't want to complete a Sharing Shape?

This session is designed to be relaxed and creative. However, we know that this could also mean discussing some 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 the session 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.

## **What you will need**

### **Ahead of the session**

- Information sheets for children and young people and their parent or carer (see template at back of pack) – these have spaces for you to personalise for your service or organisation.
- Copies of the Sharing Shape template, including a clear disclaimer that the Sharing Shape will be used as part of a bigger piece of artwork.

### **For the session itself**

- The Sharing Shape template
- Icebreaker and ending activities: we have some suggestions for you below, or you can use your own activities
- Things to help the children and young people fill in their shapes!

Paint	Pens	Stickers
Felt	Foam shapes	Feathers
Fabric	Foil paper	Bobbles
Tissue paper	Colouring pencils or pens	

- Blu Tack or another way of attaching any finished shapes temporarily to a wall or space to show the mural to everyone who has taken part
- A camera, a camera phone or a scanner to take copies of individual, completed Sharing Shapes
- A quiet space, a listening ear and tissues for anyone who might need to take time out from the activity

## **Some icebreaker and ending activities**

### **Icebreakers**

Ask the group to line up across the room in three ways, for example: by birthday, by height or by how much they like something. Time them for each one and see which is quickest. Write down how long each line-up took. You can repeat this icebreaker at the end of the session – keep the timings to see if the group of children or young people improve.

### **Ending activities**

Lead the group in a fun or relaxing activity to close off the session and bring them out of the activity. You can use your own activity or do a repeat of the icebreaker at the beginning and see if they can beat their scores from the first time around.

## **Offering online support?**

You can offer this session online. Ask the children and young people if they want to get involved. Ensure they have a physical template to work on during and after a specific session. Support the parent or carer to take a photo of the Shape and send it to your organisation or service.







## **Tips for Sharing Shapes creation**

- The Sharing Shape mural will look more eye-catching if it is fully coloured. Consider using tissue paper, or coloured paper as a base for the Sharing Shapes creations, particularly with younger children.
- Have a look at [last year's mural](#) for inspiration

## **How to share your Sharing Shapes with CBN**

You will be uploading each Sharing Shape via an online form, similar to last year. We will get in touch with you to confirm when this form is ready for use.

When sending in copies of the Sharing Shapes, make sure:

- The Sharing Shape is secured on a board or table, to make it easier to take a photo
- The Sharing Shape is squarely in the middle of the frame
- The Sharing Shape is lit appropriately (consider if there is any reflective material on the Shape that could impact the final photo), or if there are lights that prevent the details of the Shape from being seen

We'd suggest that you complete your Sharing Shapes session by **15 October 2023**, so there is enough time to collate all the Sharing Shapes before Children's Grief Awareness Week in November. We are aiming to share the completed mural before the Week starts, so your organisation or service can use it to publicise the Week.

The following pages are information sheets you can use with [children](#), [young people](#) and [supporting adults](#), along with the [Sharing Shapes template](#). We can't wait to see this year's efforts!

Any questions or concerns? Contact us at [cbn@ncb.org.uk](mailto:cbn@ncb.org.uk)



Hello,

Thank you so much for taking part in our Children's Grief Awareness Week activity: Sharing Shapes: The Shape of Your Support. We can't wait to see what you create this year.

Children's Grief Awareness Week is in November every year. It's a chance to hear from children and young people like you, who are grieving.

This year, we want to hear from you about the people around you who support you. We're going to take all these ideas and thoughts and turn them into one big piece of artwork – and we'd love to have your Shape. We are asking lots of services and organisations around the country to do this over the next few months, ready for November.

### **What to do**

Take our Children's Grief Awareness Sharing Shape and draw/collage/write/sketch/paint/print/stick/create inside that Shape the community around you that has helped or continues to help you with your grief.

A bit stuck?

Who else can you ask for help or support beyond your family?

You might think of:

- A teacher
- Another adult at school
- A sports coach
- A faith leader, like a pastor, or Iman
- Your keyworker
- Your doctor
- Another health worker
- Another adult you know and like

When you are finished, make sure you can put your first name and your age on your shape somewhere – so you can spot yours when the artwork is created.

Give your shape to the organiser – they will send a copy of your Sharing Shape to the Childhood Bereavement Network, who create a huge mural of support.

This mural will be shared on social media and other places so that people understand what can help you with your grief. We want lots of people to see how easy it is to support you and be part of your community.





Hello,

Thank you so much for taking part in our Children's Grief Awareness Week activity: The Shape of Your Support. We can't wait to see what you create this year.

Children's Grief Awareness Week is in November every year. It's a chance to hear from children and young people like you, who are grieving.

This year, we are focusing on communities: the people around you who want to support you. We want a bigger mural than last year and we need your help. We want you and others to contribute your Sharing Shape now, over the summer and autumn months, ready for November.

### **What to do**

Take our Children's Grief Awareness Sharing Shape and draw/collage/write/sketch/paint/print/stick/create inside that Shape the community around you that has helped or continues to help you with your grief.

A bit stuck?

Who else can you ask for help or support beyond your family?

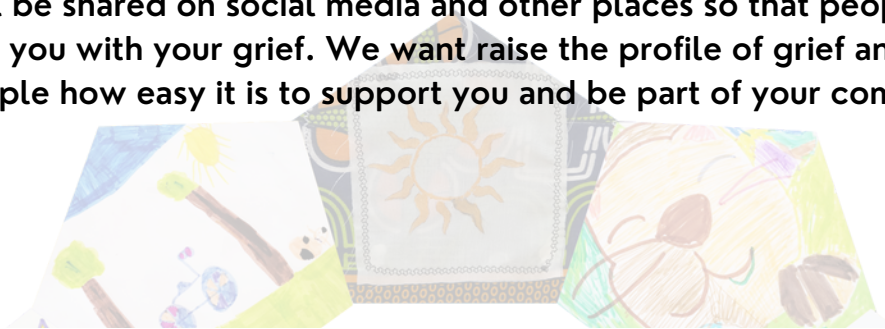
You might think of:

- A teacher
- Another adult at school
- A sports coach
- A faith leader, like a pastor, or Iman
- Your keyworker
- Your doctor
- Another health worker
- Another adult you know and like

If you are happy for your Sharing Shape to be used by the organisation who is supporting you, give your Shape to the organiser.

They will send a copy of your shape to the Childhood Bereavement Network, who will create a huge mural of support.

This mural will be shared on social media and other places so that people understand what can help you with your grief. We want raise the profile of grief and bereavement - and show people how easy it is to support you and be part of your community.





Hello,

Thank you so much for taking part in our Children's Grief Awareness Week activity: The Shape of Your Support.

Children's Grief Awareness Week is in November every year. It's a chance to hear from bereaved children and young people who are grieving.

This year, we are focusing on communities: the people around those bereaved children and young people, and who want to support them. We hope that you are a part of that community.

We know that talking about death, dying and bereavement is not always the easiest thing to do. But we do know that there are lots of other people around YOU to support you in supporting bereaved children and young people.

### **What to do**

Take our Children's Grief Awareness Sharing Shape and draw/collage/write/sketch/paint/print/stick/create inside that Shape the community around you that supports YOU.

A bit stuck?

Who else do you turn to for advice and support, beyond your family?

You might think of:

- A teacher or other educational professional
- A sports coach
- A faith leader, like a pastor, or Iman
- Your keyworker
- Your doctor
- Your friends

We are creating a huge mural of community and support with these Sharing Shapes. If you are happy for your Sharing Shape to be used by the organisation who is supporting you, give your Shape to the organiser.

This mural will be shared on social media and other places during Children's Grief Awareness Week in November this year. We want raise the profile of grief and bereavement - and show people how easy it is to support you and be part of your community.



## **Children's Grief Awareness Week activity: Sharing Shapes 2023**



Our group will be taking part in a Children's Grief Awareness Week activity: a Sharing Shapes session. The theme for Children's Grief Awareness Week 2023 is The Shape of Your Support: an activity that will create a representation of the community around bereaved children and young people while they are grieving.

You can find more information about Children's Grief Awareness Week on the [Childhood Bereavement Network](#) website.

### **What will we be doing?**

We will be running an Sharing Shapes activity session. We will be offering the chance to get creative with a specific Sharing Shape – filling it with the people who are around to help: playing with friends, playing football, playing the piano, playing computer games, going for a walk, visiting the grave, hugging a memory bear or something else. Children will sign their Sharing Shape with their first name and age so they can spot their Shape when the mural is made. Young people are encouraged to do this but do not need to.

### **How will your child/ren's or young people's ideas be used?**

We will knit our group's Sharing Shapes together and use them in our publicity and social media around Children's Grief Awareness Week and beyond. We'll also send them to the [Childhood Bereavement Network](#).

They will create a giant mural of support from all submitted Sharing Shapes, highlighting who helps bereaved children and young people. They will use this during the Week and beyond on social media and in publications.

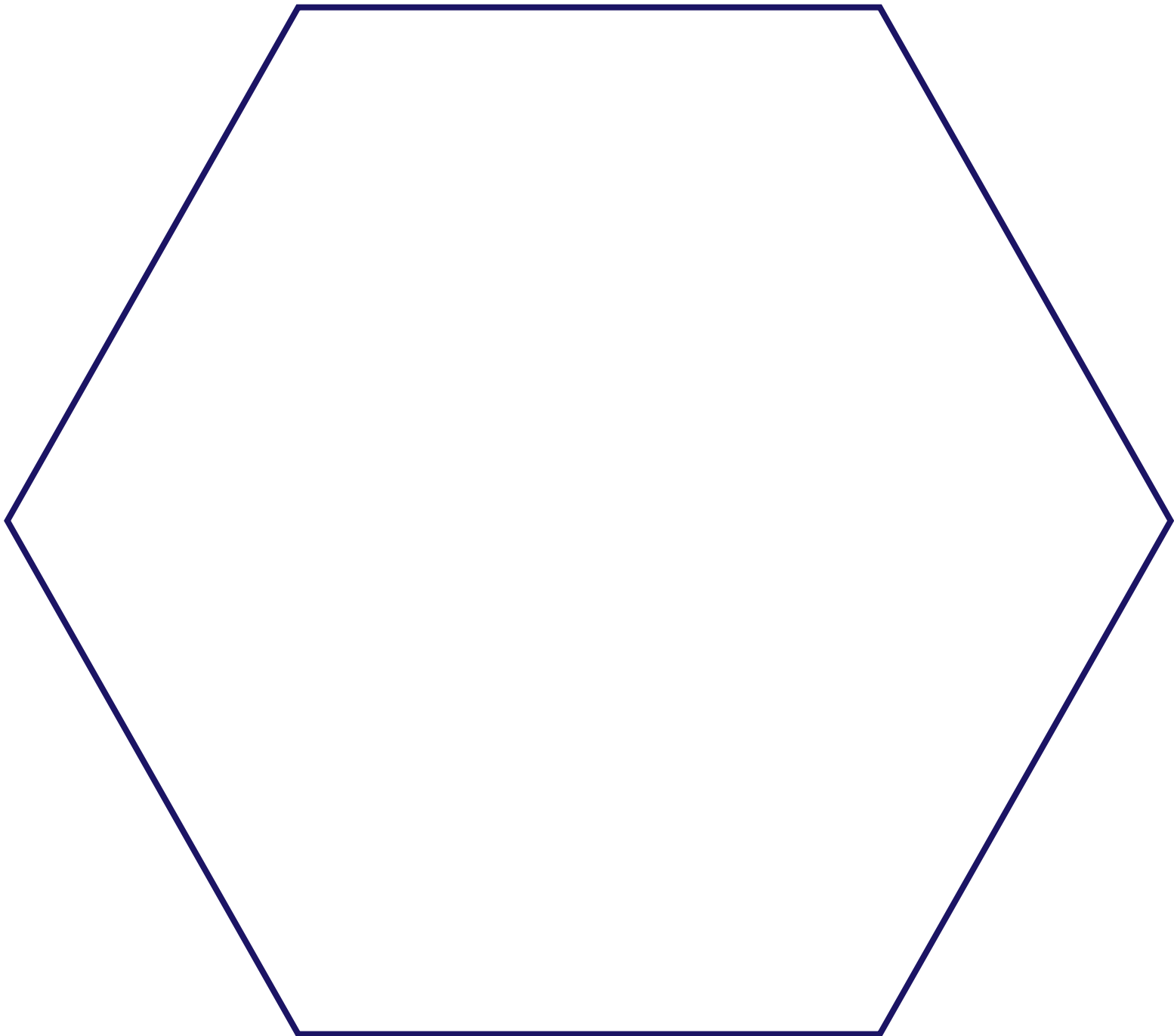
### **How will the session run?**

Our usual staff and volunteers will be on hand to run the session and to support the group before and after they take part. We will make the session as relaxed as we can - no-one will have to talk or share ideas if they don't want to.

### **What if I want to know more or want to help out?**

You can talk to us - we'd love to have your support!





We will be collecting all the Sharing Shapes at the end of the session to create a piece of art for our organisation. We will be sharing the Sharing Shapes with the Childhood Bereavement Network to create a piece of art.

If you do not want your Sharing Shape to be shared, please tell the person running this session.