



Sharing Shapes

2023 Schools Information Pack

Part of

children's grief
awareness week

Welcome to your Sharing Shapes resource pack



Thank you so much for running a Sharing Shapes activity session with the children and young people in your setting. This is a positive way to engage with children and young people about bereavement, and the support around them.

This resource pack provides:

- information about Children's Grief Awareness Week,
- information about Sharing Shapes
- a session plan for schools and other settings to use with an established group of children and young people.
- instructions for children
- instructions for young people
- instructions for supporting adults
- information for parents and carers
- your Sharing Shapes template

children's grief awareness week

Children's Grief Awareness Week (16 - 22 November 2023) highlights the support available to bereaved children or young people and their families.

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 show how your community can support children, young people and their families through grief and bereavement.



What does the Sharing Shapes activity involve?

This year, our activity focuses the support around children and young people, highlighting who is part of their networks and communities.

Children and young people will be invited to share by drawing or filling in a 'Sharing Shape' which can then be 'knitted' together to create a mural of shared support that can be hosted in a space locally (within your school or community setting). The Childhood Bereavement Network will be sharing a national mural, made from Sharing Shapes submitted over the summer and autumn months on social media.

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

- Children and young people
- The parents, carers or guardians of those children and young people
- Schools, and other educational settings, who may support bereaved children or young people in their community



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 can find more information about support [here](#)
- You are supported by your leadership team – 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 a photo of the completed mural
- 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

- Create your own mural of support by placing the Sharing Shapes together and then taking a photo of it.
- You might want to print out the Sharing Shapes logo and the Children's Grief Awareness Week logo, to add to your mural. You can find both logos on CBN's Children's Grief Awareness Week [webpage](#).
- You can post this mural on social media, using the hashtags
 - #OurShapeofSupport
 - #CGAW23
- Share other murals on social media - we want to see the Shape of all your Support across all four nations.
- Look out for the official mural created by bereaved children and young people online too.

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



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. This year, the Week runs from 16 - 23 November. It's a chance to highlight all the support that is available to bereaved children and young people.

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 for our school – and we'd love to have your Shape.

What to do

Take our Children's Grief Awareness Sharing Shape and draw/collage/write/sketch/paint/print/stick/create inside that Shape the **people that you feel comfortable going to if you wanted to help a friend** who was bereaved.

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 your teacher or the school staff member who is running this session – they will create a mural of support from all the Sharing Shapes.

This mural will be shared on social media and other places so that people understand the huge community of support that can be there to help if someone dies.





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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. This year, the Week runs from 16 - 23 November. It's a chance to highlight all the support that is available to bereaved children and young people.

This year, we are focusing on communities: the people around you who want to support you. Have a look at the prompt below. We're going to take all these ideas and thoughts and turn them into one big piece of artwork for our school – and we'd love to have your Shape.

What to do

Take our Children's Grief Awareness Sharing Shape and draw/collage/write/sketch/paint/print/stick/create inside that Shape the **people that you feel comfortable going to if you wanted to help a friend who was bereaved.**

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 your teacher or the school staff member who is running this session. They will create a mural of support from all the Sharing Shapes.

This mural will be shared on social media and other places so that people understand the huge community that can support bereaved children and young people.





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. This year, the Week runs from 16 - 23 November. 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, give your Shape to the teacher or school staff member who is running this session. They will create a mural from all the Shapes.

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 class will be taking part in a Children's Grief Awareness Week (16 - 23 November) 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 with a trusted adult, speaking to a teacher or sports coach, for example. 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?

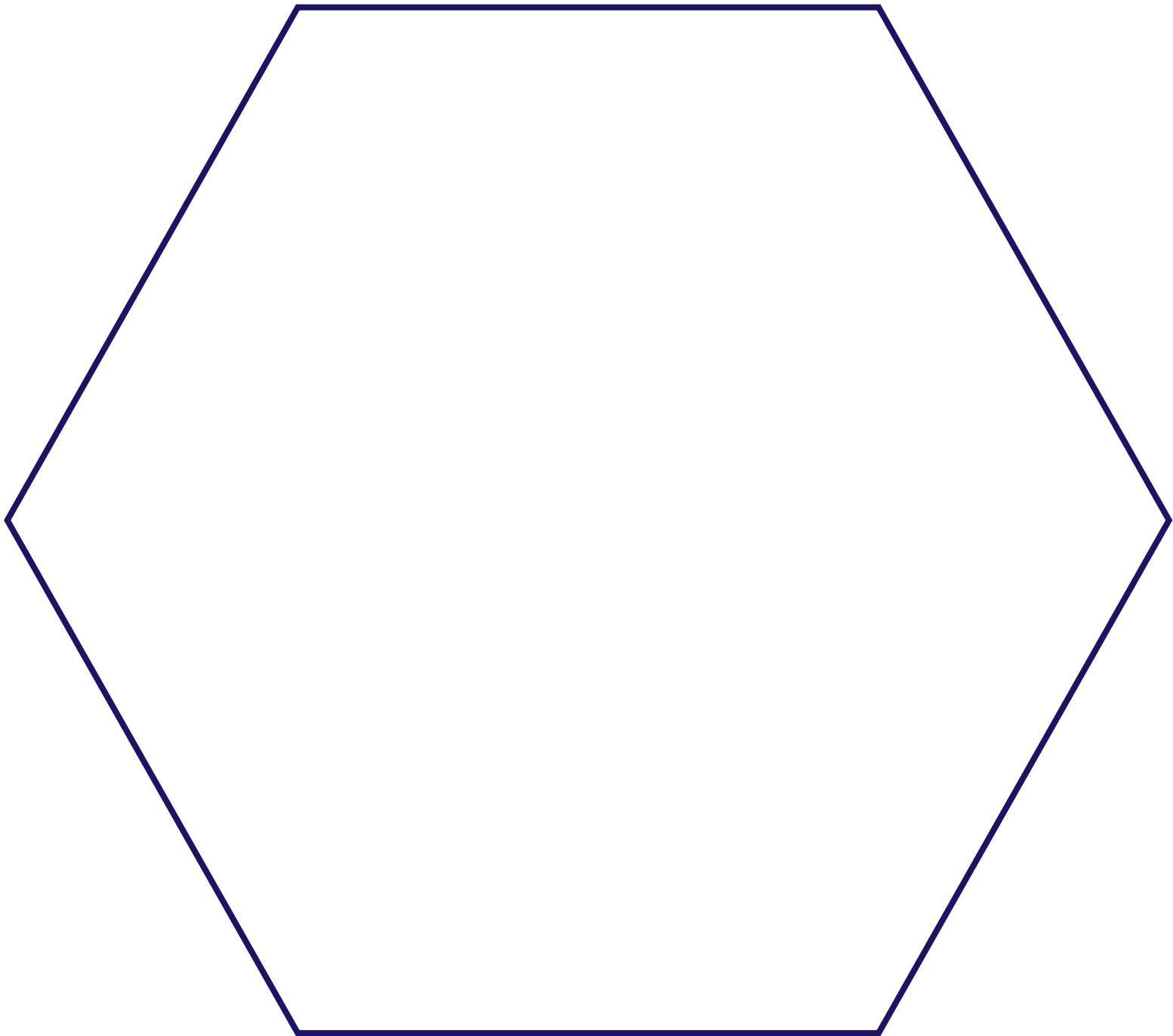
We will knit our classes' Sharing Shapes together and use them in our publicity and social media around Children's Grief Awareness Week and beyond. The Childhood Bereavement Network will also share a mural, made by other Sharing Shapes, highlighting who helps bereaved children and young people. They 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 class 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 mural with the Childhood Bereavement Network and others on social media.

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