

These worksheets have been created to support the book

# The Heavy Bag By Sarah Surgey

A book about bereavement for children

<https://sarahsurgey.com/product/the-heavy-bag/>

The worksheets have been created with permission from Sarah

by Debbie Palphreyman from

[www.elsa-support.co.uk](http://www.elsa-support.co.uk)



**Enid wanted to  
watch the  
stars with  
grandad**

# STARS

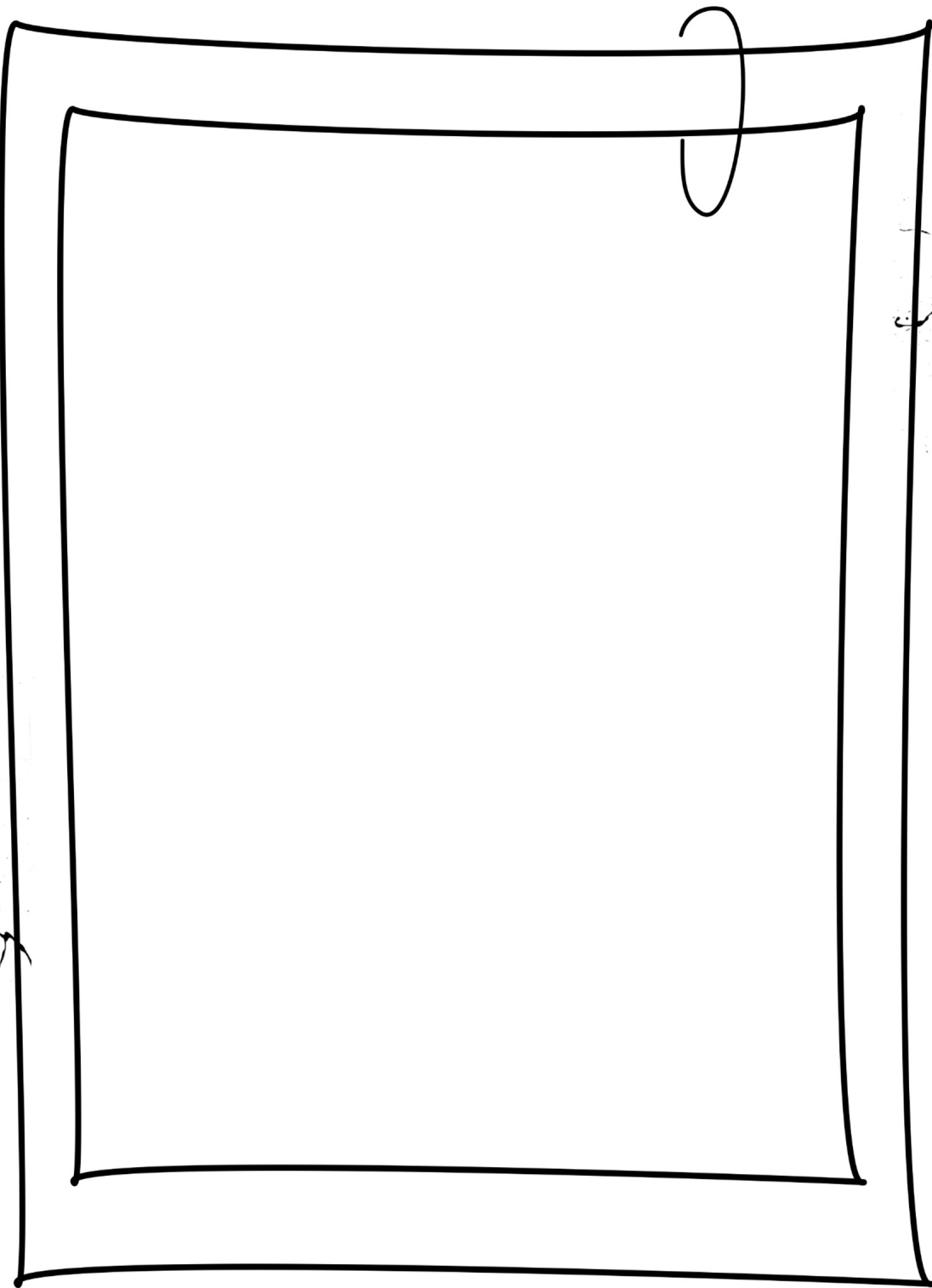
Take some mindful time by colouring in all the stars  
Enid might have seen through the telescope



*'Enid had feelings,  
feelings she had never  
felt before. They  
whooshed around from  
her head to her toes'*

# FEELINGS

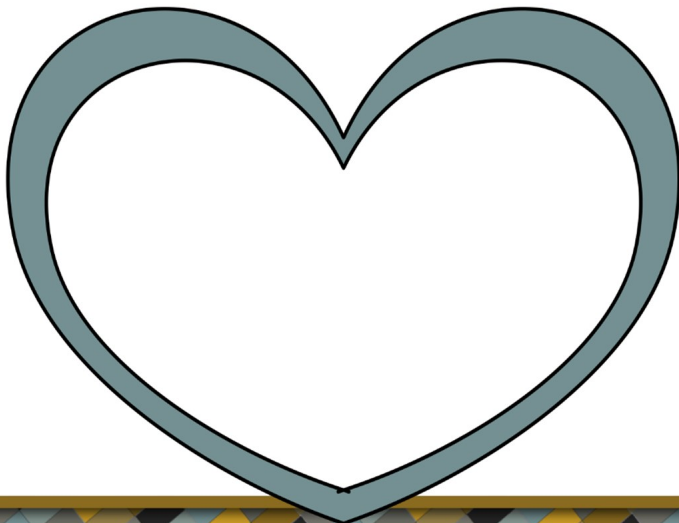
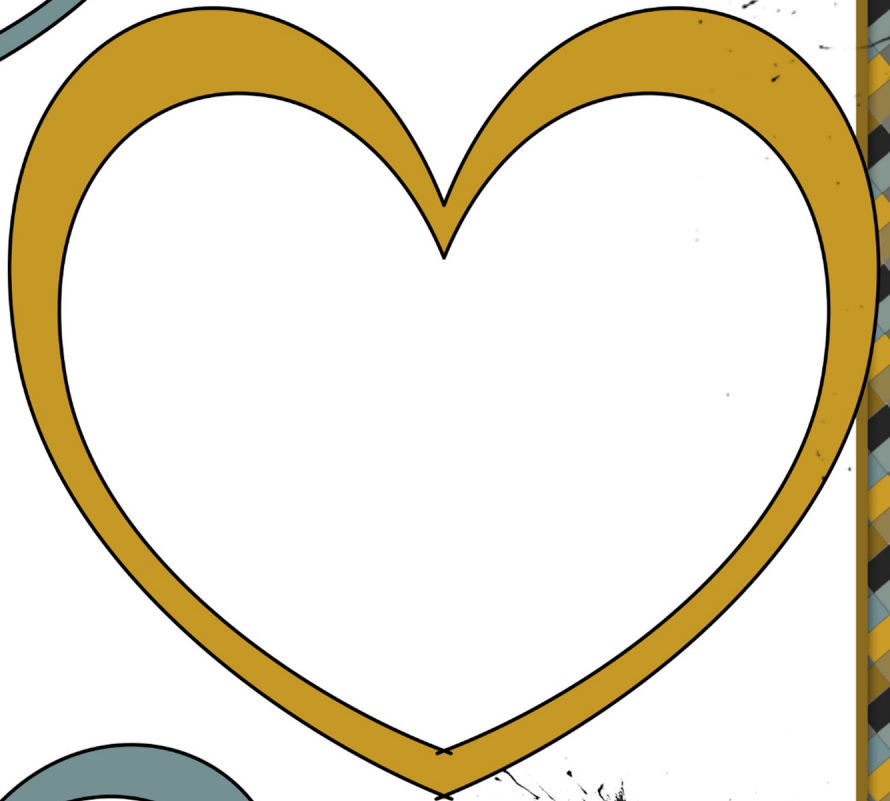
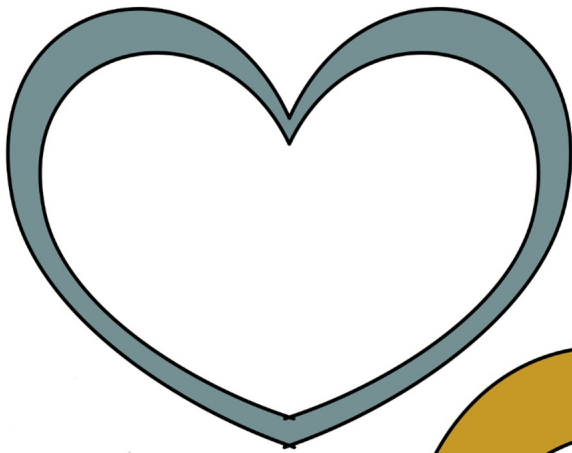
Draw a picture of you and your body. Draw your facial expression and colour in the parts of your body where you have feelings



**Enid tried to  
do things that  
made her  
happy.**

# HAPPY

Draw some pictures of things that you could try to make you feel happy. Enid mentions trees, birds, sticks and rainbows

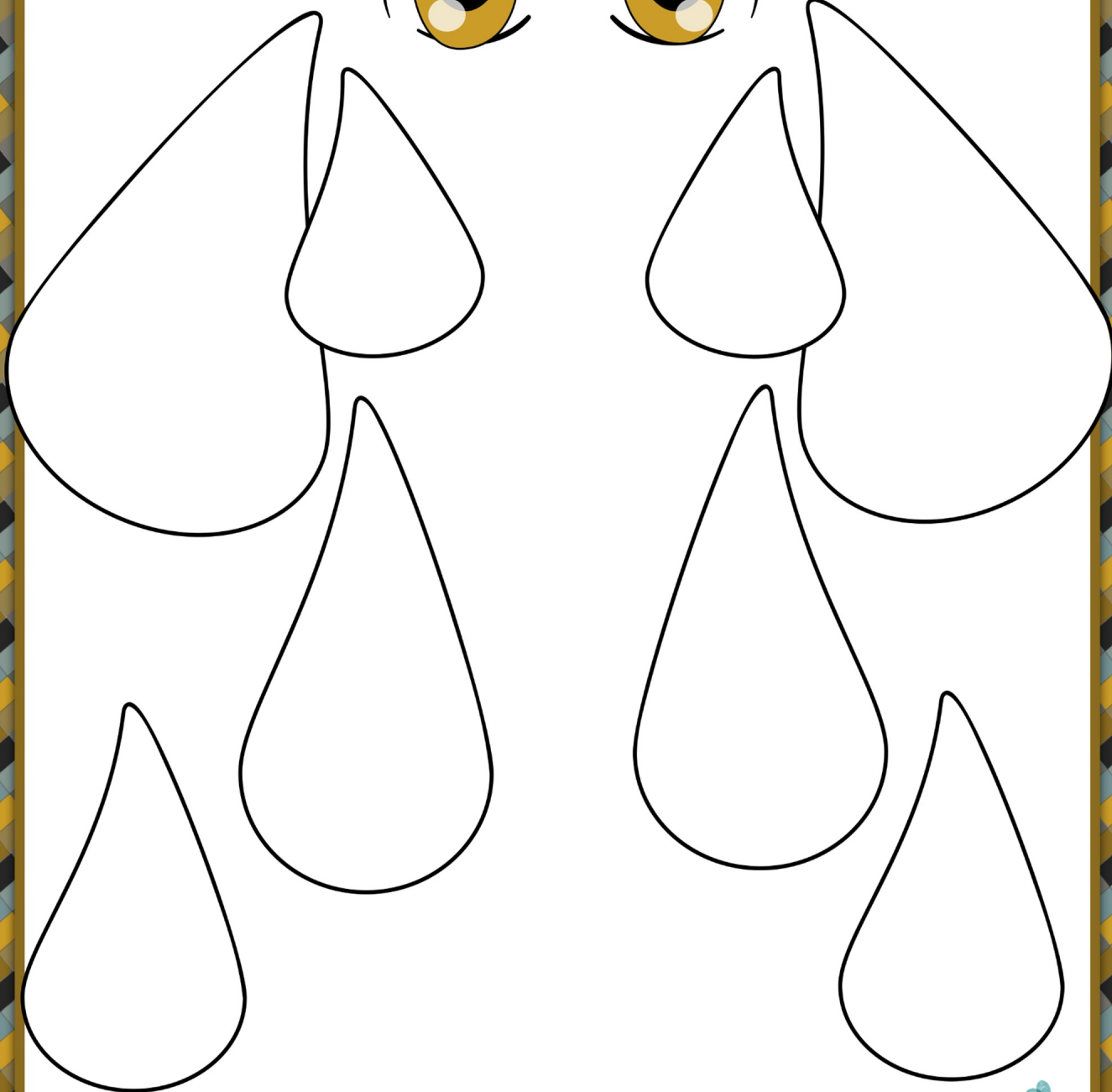




*Full, fat teardrops were  
falling from her eyes.  
She suddenly felt  
incredibly sad*

# SAD

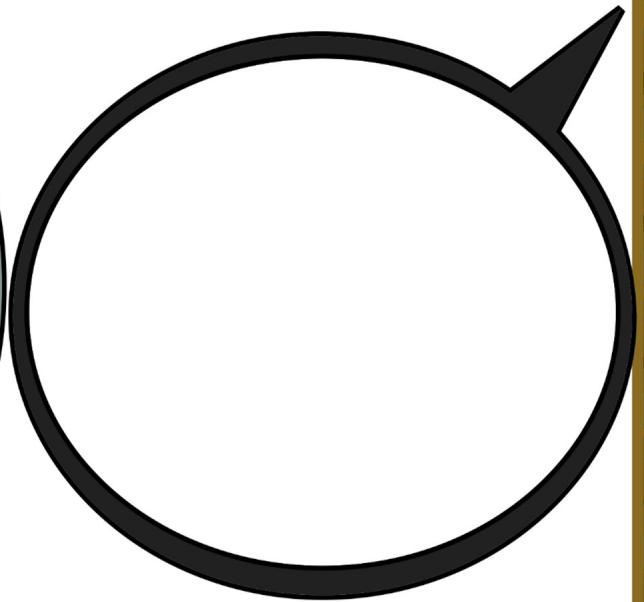
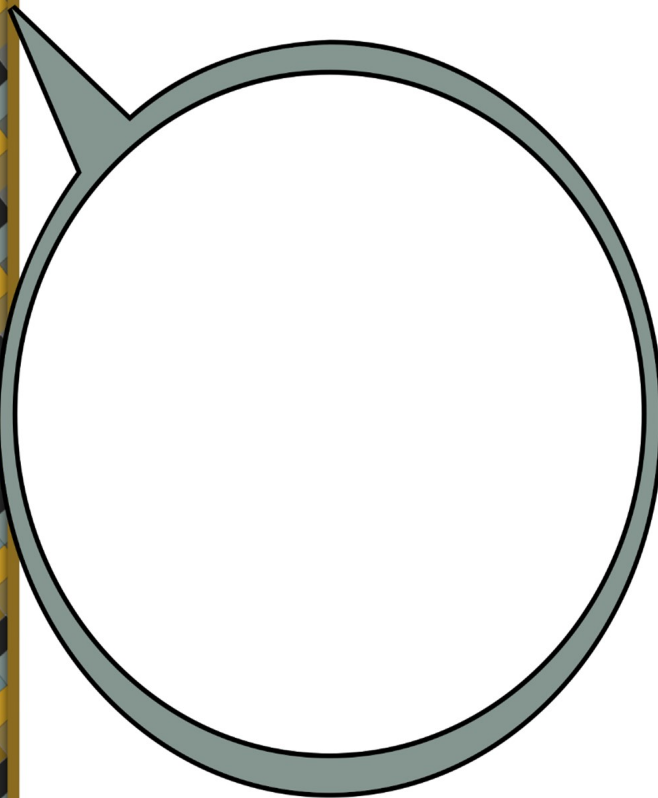
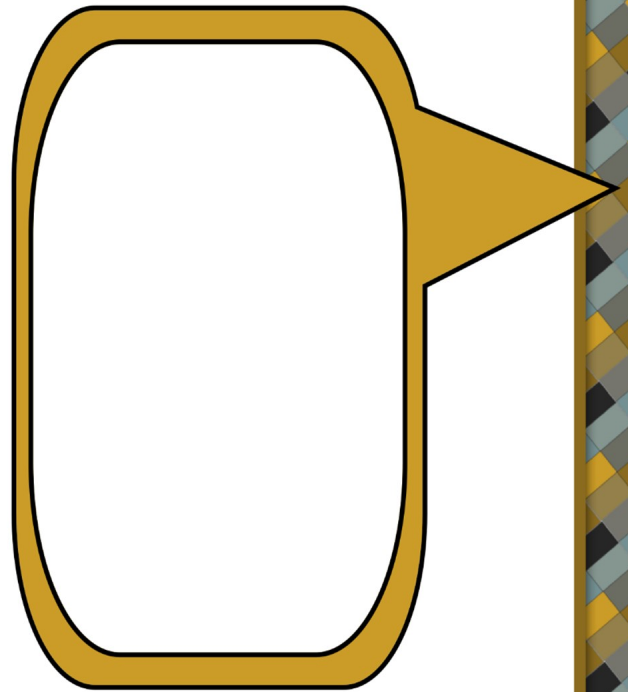
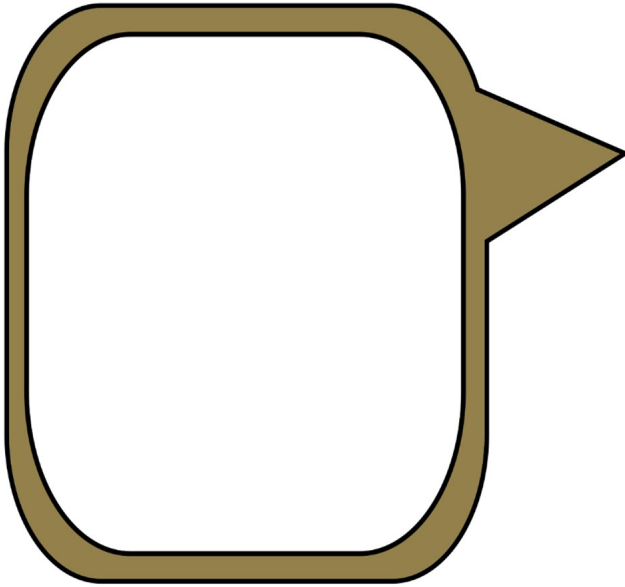
Everyone feels sad sometimes and that is ok. It is ok to cry too. It helps you to feel better. Write or draw things in the teardrops that make you sad



*I'm happy you've  
shared and decided  
to talk'*

# TALKING

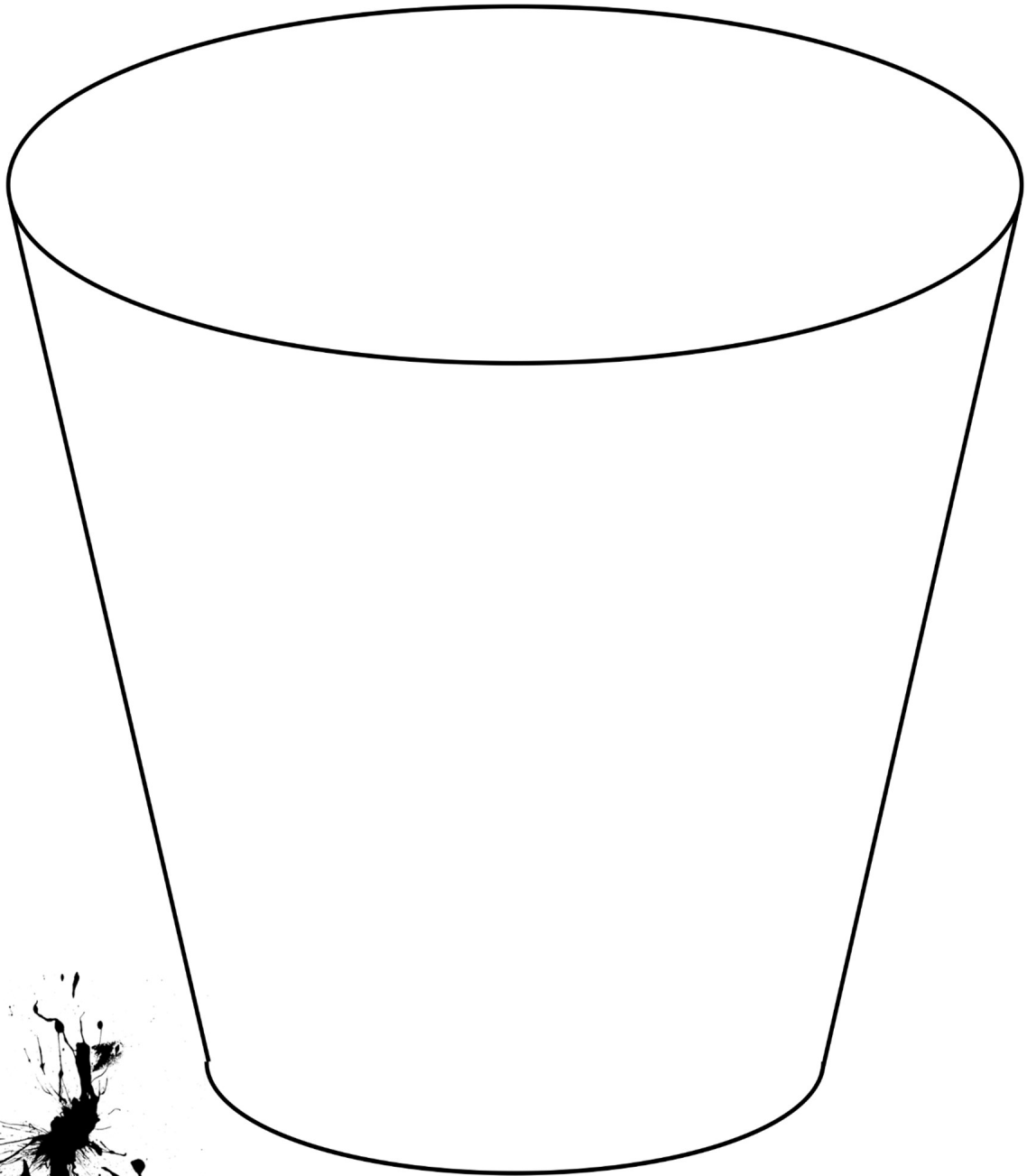
It is good to talk about the person or pet that has died. What sort of things could you talk about? Write in the speech bubbles



*What if she had visited Grandad that morning? What if? ...*

# WHAT IF?

What if questions are not very helpful. They can cause you to feel worried and have regrets. The person who has died would not want you to have 'what ifs.' See if you can get rid of them now. Put them in the bin. You can write or draw



**Enid had whirly  
feelings in her  
head**

# WHIRLY FEELINGS

Draw your face and then draw or write all  
the feelings whooshing around in your mind

