

TOKENS

WORKSHEET PACK

Talking about loss with children can feel difficult. Many adults worry about saying the wrong thing or opening a conversation they feel unprepared to guide. Yet children often carry their own questions, thoughts, and feelings about people they miss.

This activity pack has been created to help children explore memories, emotions, and connections in a gentle and creative way. Through drawing, writing, and reflection, the activities offer children simple ways to express what they may be feeling.

The worksheets can be used in schools, counselling sessions, support groups, or at home with parents and guardians. Each activity encourages children to reflect at their own pace and in a way that feels comfortable for them.

There is no single "correct" way to grieve. Every child experiences loss differently. Some may want to talk openly, while others may prefer quiet reflection through drawing or writing. All of these responses are normal.

These activities are inspired by the themes of the children's story **Tokens from Heaven**, which explores the idea that love and memories can still reach us in small and meaningful moments.

Guidance for Adults

These worksheets are designed to support gentle conversations about memories, emotions, and connection. The goal is not to force children to talk about loss, but to provide a safe opportunity if they wish to share

Further Support

If a child needs additional support around grief or loss, these UK organisations also provide guidance for families and educators:

- Winston's Wish
- Child Bereavement UK
- Cruse Bereavement Support

Before starting

Take a few minutes to read through the activities so you feel comfortable guiding them.

Let the child know:
they can share as much or as little as they want
there are no right or wrong answers
drawing or writing quietly is perfectly okay

Some children may choose to think about a person they miss. Others may reflect on a pet, a friend, or someone they care about.

Introducing the activity

A simple introduction might be:

"Sometimes we think about people we care about and the memories we have with them. Today we are going to explore some of those memories and feelings through drawing and activities."

Keeping the introduction gentle helps children feel safe without putting pressure on them to share personal experiences.

During the activities

Allow children time to work quietly and think about their responses. Some children may want to talk about what they are drawing or writing. Others may prefer to keep their thoughts private. Both responses are completely normal.

You can support the activity by asking open questions such as:

- "Would you like to tell me about your drawing?"
- "What made you choose that memory?"

Avoid correcting or interpreting their responses. Simply listening and acknowledging their feelings is often the most helpful support.

Supporting emotional responses

Occasionally an activity may bring up strong feelings. If this happens:

- acknowledge the child's feelings
- reassure them that their feelings are normal
- allow them to pause or take a break if needed

For educators working in schools, follow your usual pastoral or safeguarding procedures if a child appears distressed or shares something concerning.

Parents and guardians may wish to check in with the child later to see how they are feeling.

Suggested Ways to Use This Pack

These worksheets can be used in different ways depending on the setting:

- In classrooms or groups
- Introduce the topic briefly
- complete one worksheet together
- allow time for reflection or discussion

At home

Complete one activity at a time allow the child to guide the pace revisit the worksheets whenever they wish.

Children may benefit from spreading the activities across several sessions rather than completing them all at once.

Creating a Supportive Environment

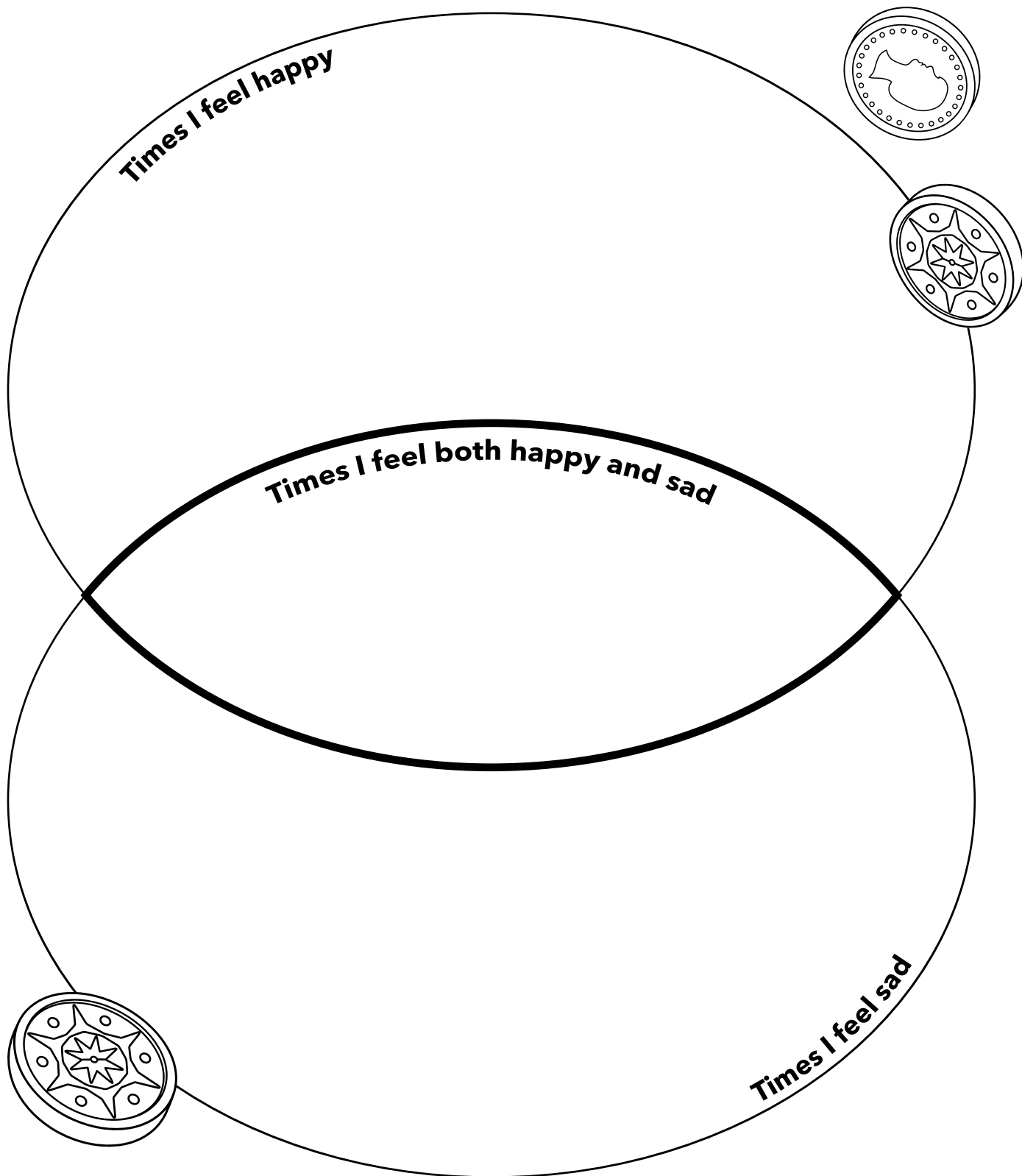
When exploring emotions and memories, it helps to remind children that:

- everyone experiences feelings differently
- it is okay to feel happy, sad, confused, or a mixture of emotions

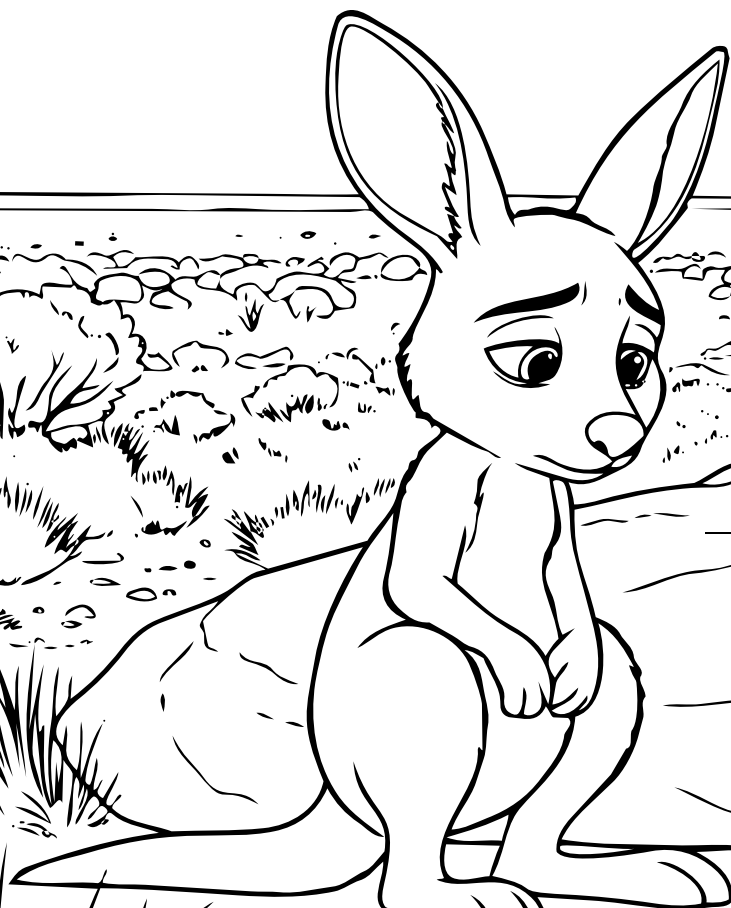
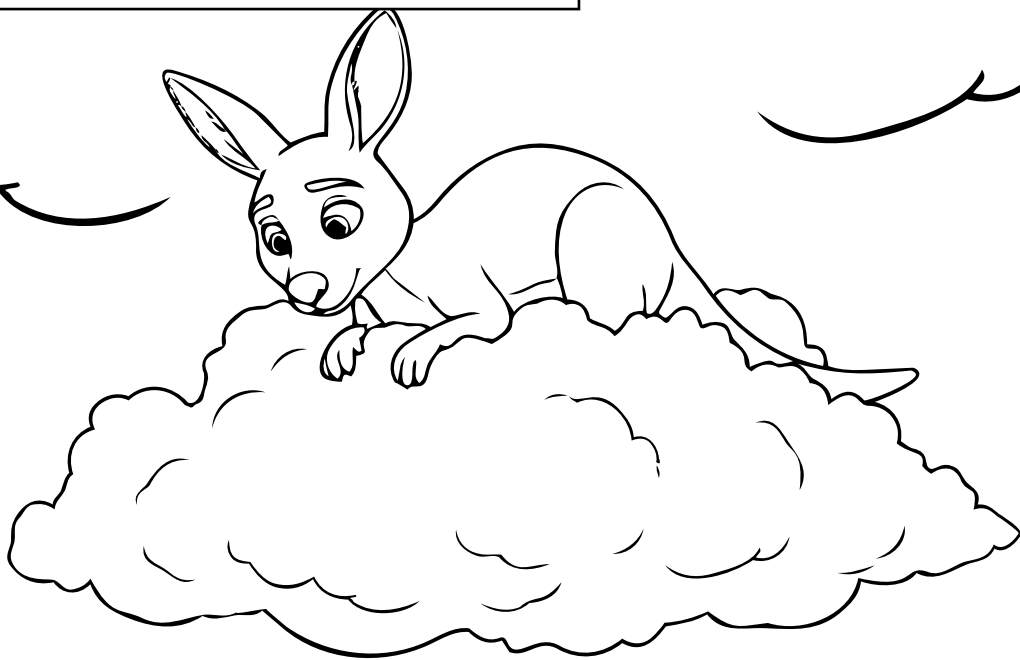
The aim of these activities is not to remove sadness, but to help children understand their feelings and feel supported as they process them.

THERE ARE TIMES I FEEL...

Use the spaces below to describe times when you feel happy or sad. Then think about times when you feel both happy and sad at the same time.



Colour this image and reflect on your own loved-one who will watch over you just like Momma Roo does for Ronnie Roo.



Worksheet created by Tokens from Heaven ©
www.tokensstory.com

TOKENS

TOKENS WORDSEARCH

Can you find all 10 words?

W	H	C	O	U	T	B	A	C	K
I	E	A	W	W	O	C	P	F	G
S	A	R	M	J	K	K	V	T	O
H	V	I	Y	A	E	A	P	G	O
E	E	N	L	F	N	N	V	R	D
S	N	G	O	A	S	G	H	I	B
G	P	M	V	M	S	A	X	E	Y
V	K	B	E	I	S	R	F	F	E
G	K	Z	D	L	Y	O	A	K	O
K	V	R	E	Y	L	O	P	U	Z

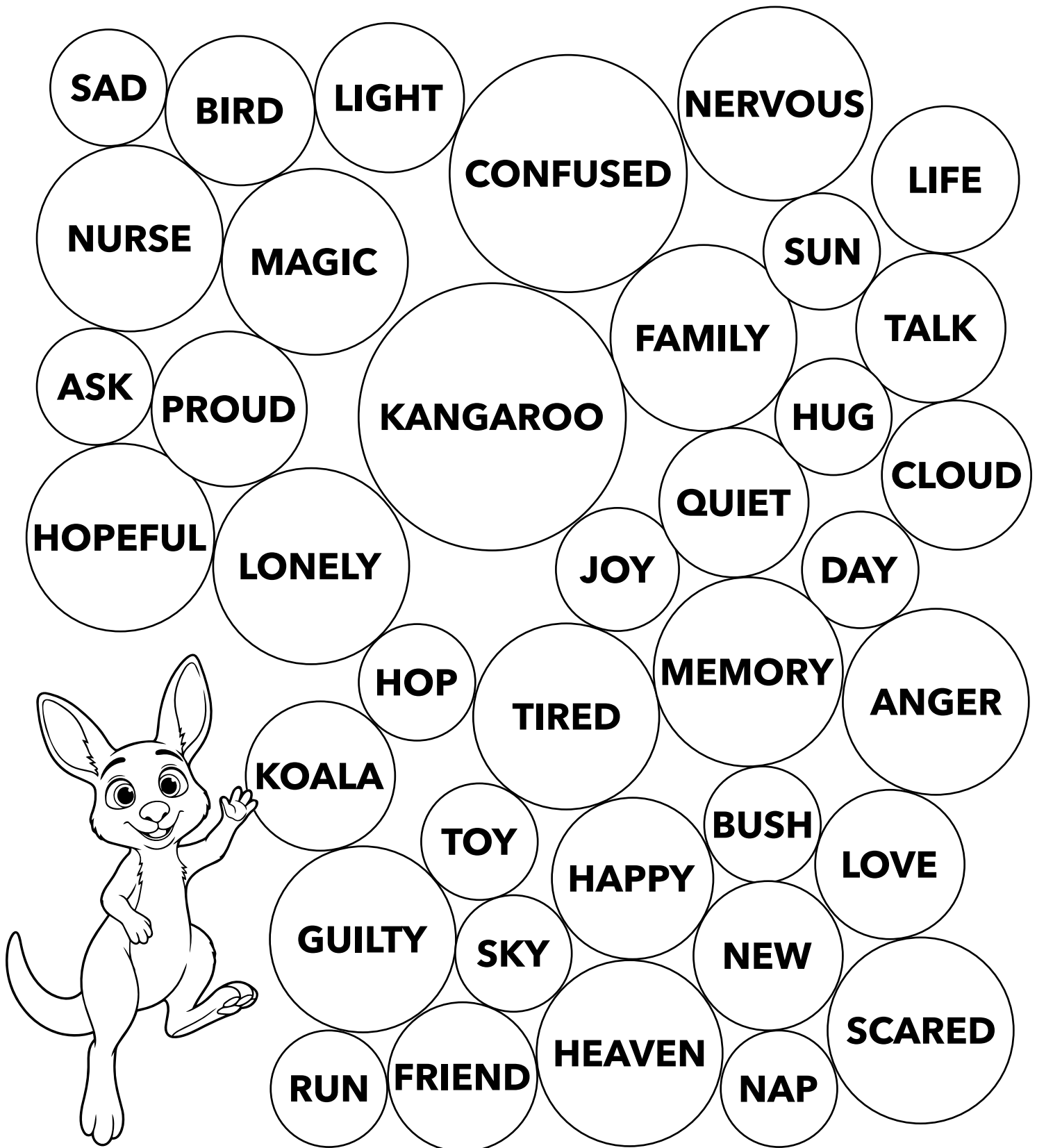
OUTBACK
TOKENS
KANGAROO
HEAVEN
GRIEF

LOVE
FAMILY
GOODBYE
CARING
WISHES

Are there any words you don't understand or need help with?
Ask an adult to talk through them with you.

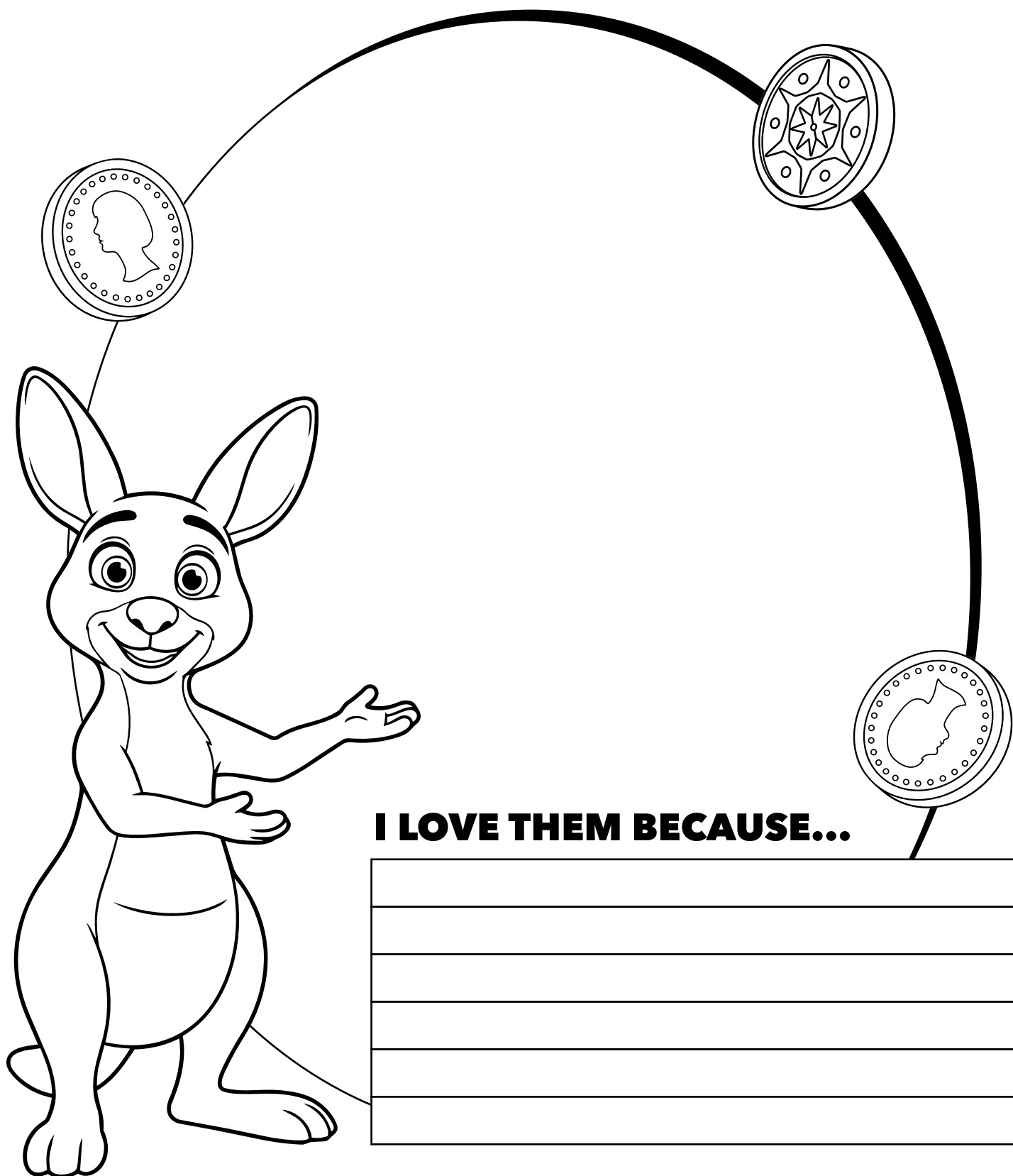
WHAT ARE EMOTIONS?

There are lots of different words below. Can you find all the words that describe how we can feel by colouring them in. There are 13 in total!



THE ONE I MISS

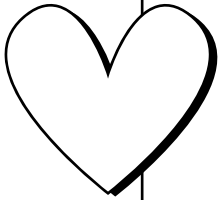
Draw who you miss in the circle below with Momma Roo. Then colour and write a short description of them.



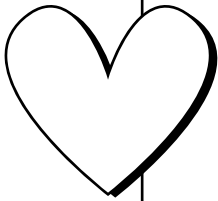
MY COMFORTS



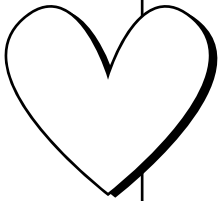
It's important that everybody knows things they can do and who they can talk to when they feel a bit sad. Use this sheet to list yours.



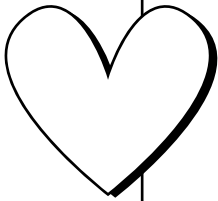
My favourite food to eat is...



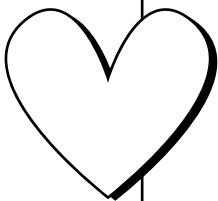
I'm happy when I am...



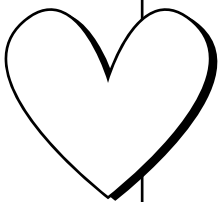
A friend that is really kind is...



My favourite activity is...



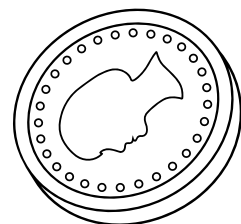
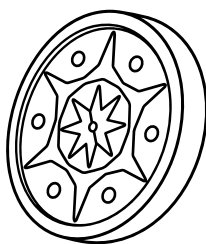
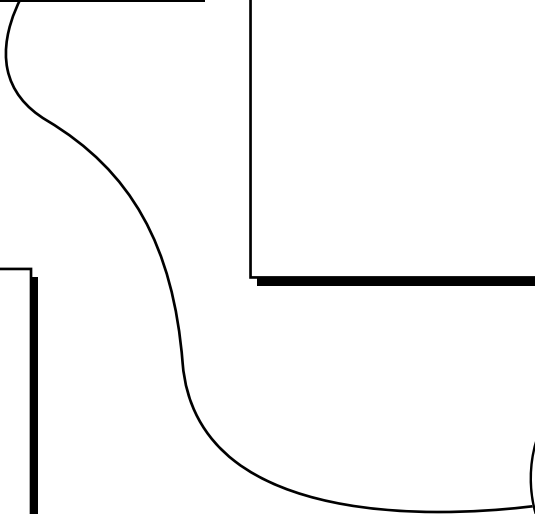
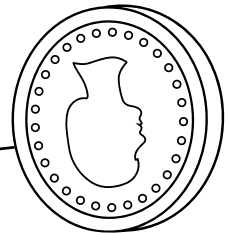
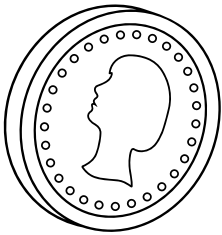
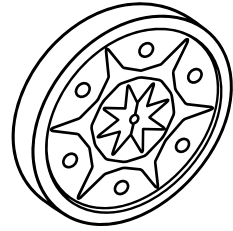
I feel safe when I'm with...



The person who helps me most is...

MY TOKEN WISHES

Make a Token wish by writing one thing in each of the boxes that you hope for. The draw a line to the Token to connect them.



MY LETTER TO HEAVEN

Write a letter to your loved-one in heaven. Tell them about what you have been doing recently and what you're looking forward to.

A large sheet of lined paper for writing a letter. The paper is tilted slightly to the right. It has 15 horizontal lines. In the top right corner, there is a circular seal with a starburst design. In the bottom left corner, there is a circular seal with a silhouette of a person's head and shoulders. The paper is outlined with a thick black border.

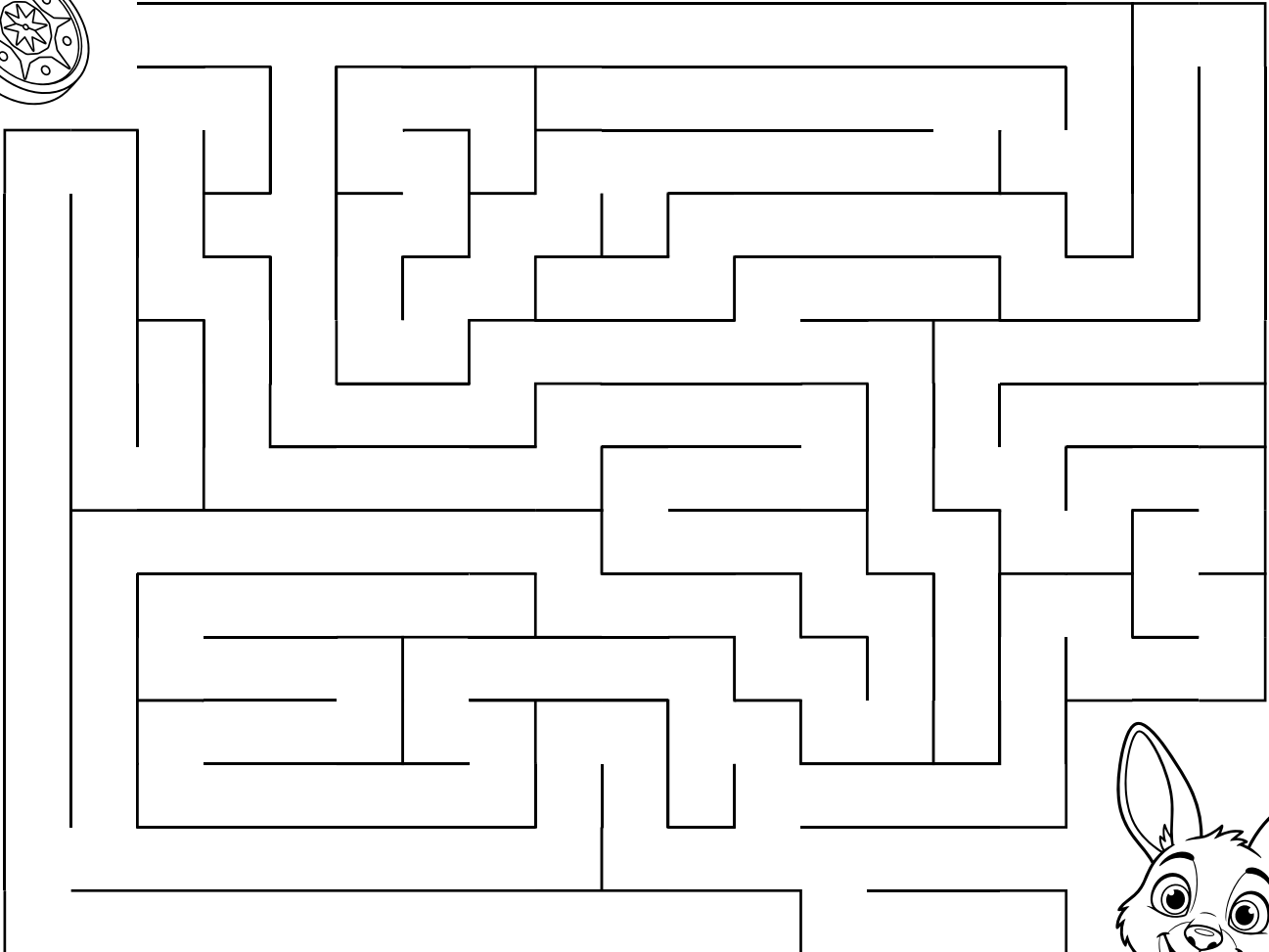
MY SUPPORT CIRCLE...

While you colour the image, think about who the closest people are to you who make you feel loved and comforted.



SEND RONNIE A TOKEN...

Use the spaces below to describe times when you feel happy or sad. Then think about times when you feel both happy and sad at the same time.



Why might it be nice for Ronnie Roo to notice things that might be Tokens from Momma Roo?