

National Day of Reflection

Get your school involved

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National Day of
Reflection
23 March

Thank you for getting your school involved in the first National Day of Reflection on 23 March 2021.

On 23 March it'll be one year since the first UK lockdown. Since then, millions of people have been bereaved, both as a result of covid-19 and due to other causes.

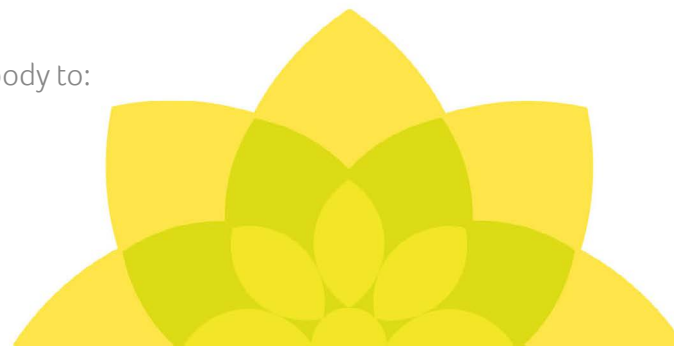
The restrictions we've all been living under have meant that many of us – including children and young people – have had to grieve without the comfort of having friends and family around them.

The National Day of Reflection will give us a time to unite and reflect on this tragic loss of life and our collective grief as a nation.



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On the National Day of Reflection, we're asking everybody to:



Take a minute to reflect and a moment to connect

Join the minute's silence at 12 noon on 23 March to show
your support for the millions of people who've been bereaved

and

take a moment to connect with someone you know who's grieving.

Have a chat, send a card, a message or spring flowers.



You can support your school community on the day by:



Giving your staff and students the time
and space to take part.



Sharing helpful resources on bereavement
support – see pages 13-14.

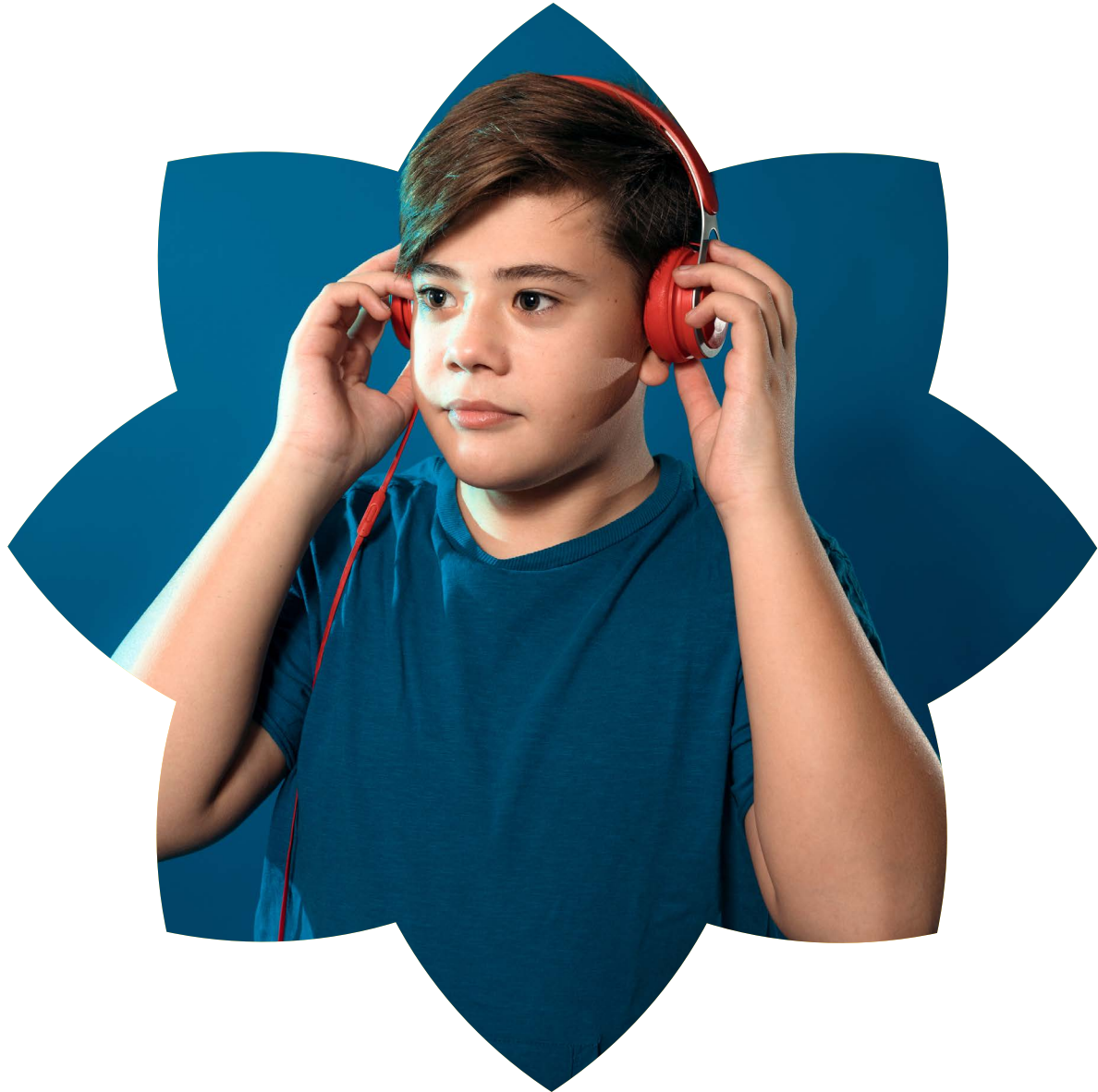
See following pages for more ideas for how to get involved.

Join our virtual choir activity

While distance separates us, music continues to unite us. We're coming together to sing a specially written piece by Brian Knowles which sets the famous poem, *Do Not Stand at My Grave and Weep*, to music.

School choirs can perform the song at any time on 23 March or join our live virtual performance at 11am. Places are limited so please email **virtualchoir@mariecurie.org.uk** to reserve a place.

For more information, and to get your rehearsal tracks and music, visit our [virtual choir resource page](#).



Whatever you do for the National Day of Reflection,
share your photos, reflections and experiences using
#DayOfReflection

Plant a tree or flowers to symbolise hope

As well as reflecting on the grief of the past year, the National Day of Reflection is also about hoping for a brighter future.

Planting a tree or sowing seeds in the hope of beautiful blooms in months to come at your school is one way to do this.

Perhaps you'd like to dedicate a tree or flower bed to the people your school community has lost in the past year?



Share your photos of the planting and the finished results using #DayOfReflection

Create and display spring flower art

Flowers like daffodils, tulips and crocuses begin to pop up when winter ends. They're a symbol of spring, new beginnings and of hope for better times to come.

As part of the Day of Reflection, you could invite your pupils and staff to draw, paint or craft daffodils and other spring flowers. You could display their work at school, in the windows for others to see or create a spring meadow. You could even run it as a competition.



Share photos and videos of your artwork using
#DayOfReflection

Run a session on grief

Ask your students to watch *Everybody Hates Grief*, a powerful spoken word poem on grieving during lockdown, performed by 2020 UK slam champion Tyrone Lewis.

For younger children, we also have a video of children giving their advice on how to cope with grief.

Use this video as a starting point for discussions, tasks or activities around grief and what it means.

Find the links to watch these films on page 12.

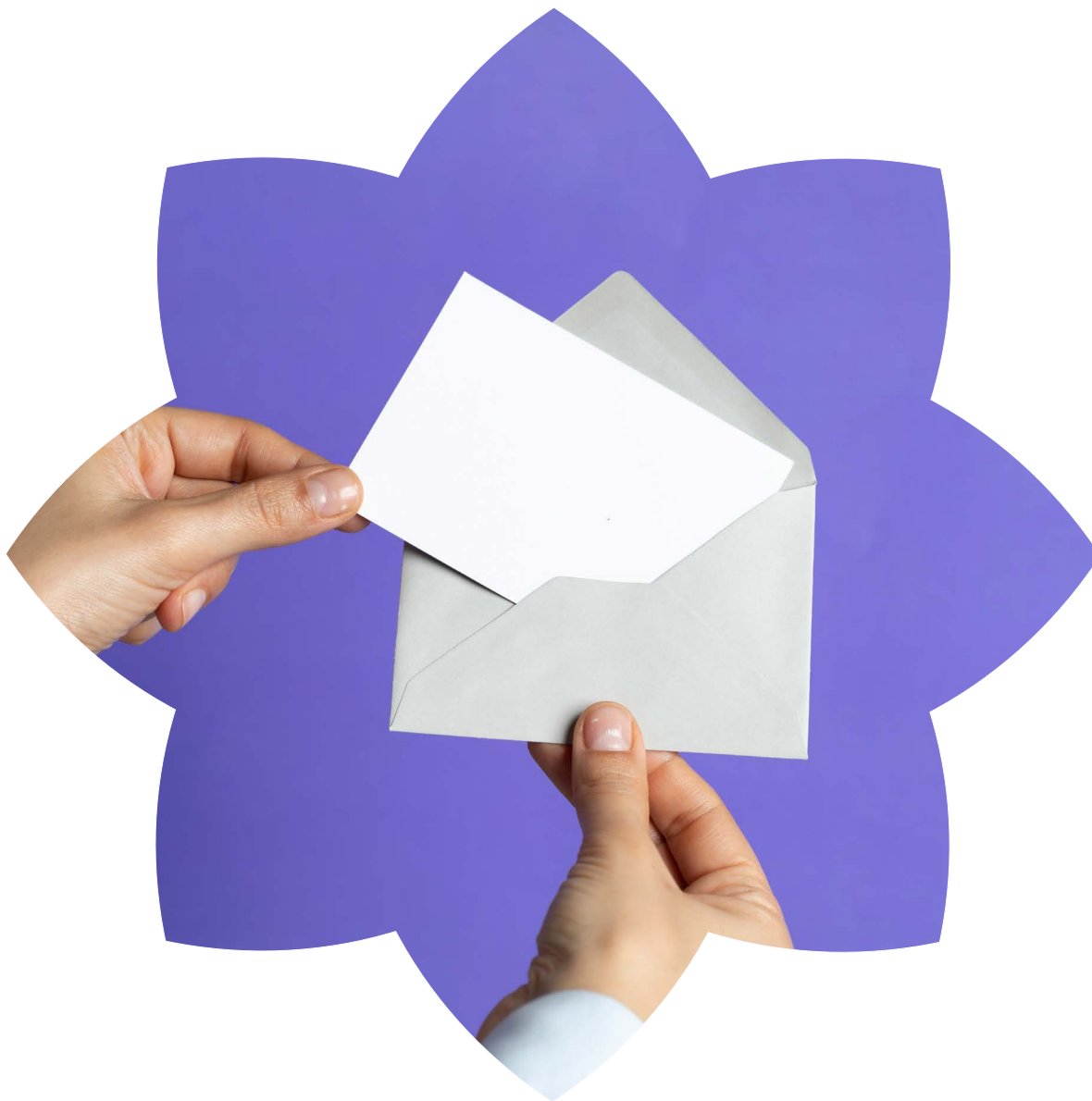


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Do a remembrance writing activity

You could task your students to write about someone they remember. They don't have to have died – it could just be that they haven't been able to see them for a while or they've moved away.

1. Give them two minutes to write out everything they remember about them as quickly as possible.
2. Ask them to write the person a letter, put it in an envelope with their name on.
3. Display the envelopes as a wall of remembrance. The letters themselves are never seen, just the person they're addressed to.



Whatever you do for the National Day of Reflection, share your photos, reflections and experiences using [#DayOfReflection](#)

Join our online talks and conversations

Older students might be interested to join a session with us in the afternoon.

From exploring the songs to help with grief with BBC 6 Music's Gideon Coe to taking a closer look at bereavement at work with a panel of experts, we'll be exploring matters of life and death throughout the afternoon with a selection of special guests.

See the [latest programme of events](#).



Whatever you do for the National Day of Reflection, share your photos, reflections and experiences using **#DayOfReflection**

Make cards of support

As part of the day, we're asking everyone to reach out and connect with someone they know who's grieving.

You could get your students to create a special card to send to a friend, family member, neighbour or teacher to tell them they're thinking of them. Or they could send cards to residents in a local care home.

You might find this [article on writing condolence cards](#) helpful.



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Do a 'growing spring flower' guided meditation

For younger or primary school aged pupils, use this ten-minute activity to bring some reflection time into your day.

- Ask your pupils to imagine they were a tiny seed and to wrap up into a tight ball, imagine they're sleeping in the soft soil, keeping their breathing nice and slow.
- Guide their breathing: Count 2, 3, 4, hold 2, 3, 4, out 2, 3, 4, hold 2, 3, 4.
- After a short while, play rain videos, use a rain maker and twinkly sun sound effects.
- Ask them to slowly, slowly begin to move, stretch and grow towards the ceiling.
- When they're fully grown flowers, put the fan on and imagine their leaves and petals leaves gently moving in the wind.












Whatever you do for the National Day of Reflection, share your photos, reflections and experiences using #DayOfReflection

Use these tools to make sure your school community knows about the day and to help them to get involved.

If you have any questions or need more information please contact **schools@mariecurie.org.uk**

[You can download all of these and more from the Marie Curie website:](#)

	Logo
	Introductory video
	<i>Everybody Hates Grief</i> video
	Children talking about grief video
	Presentation template (blank)
	Email signature
	Social media assets
	Selection of illustrations
	Video call backgrounds

Please use **#DayOfReflection**
and tag **@mariecurieuk**

Support directory

Child bereavement support:

Child Bereavement UK. Ideas for teachers in schools as well as parents and children. Their website includes guides and information on bereavement for schools, from early years to higher education.

Helpline: 0800 02 888 40
childbereavementuk.org

Childhood Bereavement Network.

Offers information about local support services. The organisation's free Growing in Grief Awareness programme helps schools plan ahead to support pupils facing or coping with bereavement.

childhoodbereavementnetwork.org.uk

Childline. Supports children and young people with a range of issues, including mental health, bullying and family problems.

0800 1111
childline.org.uk

Grief Encounter. Supports bereaved children and teenagers. **020 8371 8455**
griefencounter.org.uk

Hope Again. A website designed for young people by young people who have been bereaved (part of Cruse Bereavement Care).
0808 808 1677
hopeagain.org.uk

Sibling Support. A website tool which provides resources for children who are coping with the death of a brother or sister.
0800 02 888 40
siblingsupport.co.uk

Winston's Wish. A child bereavement charity which offers specialist practical support and guidance to bereaved children, their families and professionals. The charity also has a range of free PSHE lesson plans on loss and bereavement for Key Stages 1-4. **08088 020 021**
winstonswish.org.uk

Teaching support:

Our Frontline. Free and confidential mental health and bereavement support for teachers and schools staff, over the phone and by text. The organisation also has useful teaching resources for schools and colleges, created in partnership with Twinkl.

ourfrontline.org
Toolkit: mentalhealthatwork.org.uk/toolkit/staff-mental-health-in-education

Support directory

Adult bereavement support:

AtaLoss.org. A comprehensive hub of support services, information, helplines and helpful reads for anyone who has been bereaved whatever their age, loss or background. Search hundreds of local, national and specialist services across the UK to find what is right for you. A free, professional counselling web chat service is also available. ataloss.org

BAMEStream Bereavement Support Service. Support for adults from Black, Asian and other minority ethnic (BAME) communities who've been bereaved due to covid-19. Provided by the Nafsiyat Intercultural Therapy Centre, which offers therapeutic support in over 20 different languages. **020 7263 6947**
bamestream.org.uk/bereavement-support

Beyond Words. Books, e-books and downloadable resources for people who find it easier to understand pictures than words, including people with learning difficulties. Topics like 'Getting on with cancer', 'When Mum died' and 'When Dad died'.
020 7492 2559
booksbeyondwords.co.uk

Compassionate Friends. A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child or children.
Helpline: 0345 123 2304
tcf.org.uk

Cruse Bereavement Care. Provides bereavement support, either face-to-face or over the phone, from trained volunteers around the UK. Calls to this helpline are free. The website includes resources for schools to support children facing bereavement.
Helpline: 0808 808 1677
cruse.org.uk
crusescotland.org.uk

The Good Grief Trust. A national network of support run by the bereaved, for the bereaved. The Good Grief Trust brings together over 800 UK support services for those grieving and the professionals working with them, offering early signposting to a choice of tailored help.
thegoodgrieftrust.org

Marie Curie. The Marie Curie Support Line provides practical and emotional support for anyone who's been bereaved, whether it happened recently or some time ago. You can also get ongoing support from a bereavement volunteer.
Support Line: 0800 090 2309
Online information and support:
mariecurie.org.uk/support
Booklets and resources, including easy read versions:
mariecurie.org.uk/publications

WAY (Widowed & Young) Foundation. WAY is the only national charity in the UK for men and women aged 50 or under when their partner died. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age. It runs activities and support groups for people coping with grief.
widowedandyoung.org.uk

Useful information and support from Marie Curie:

[Supporting a child who's grieving](#)

[Talking to children about death](#)

[Grieving your own way](#)

[Books for and about grieving children](#)

[Six films to help kids understand death and grief](#)

[Five ways to support bereaved children during coronavirus](#)

[When it comes to talking to children about death, it's better to be honest](#)

Real stories:

[Tyler: a video on talking about grief](#)

[Zaynah: You don't expect death as a child](#)

[Jenny: We were locked in isolation when we needed people the most](#)

[Beau: Review of The Immortal Jellyfish by Sang Miao](#)

[Sophie: Review of Coronavirus: A book for children by Nosy Crow](#)

[Kids share their tips on coming to terms with grief](#)

Share your story:

If anyone in your school community have experiences they'd like to share, they can contact Marie Curie's Stories team at stories@mariecurie.org.uk