

The Life of Queen Elizabeth II

NOS take an appreciative look back over the remarkable life of Her Majesty Queen Elizabeth II with our timeline poster.

When Her Majesty Queen Elizabeth II died, Britain – and the world – lost a respected ruler who could always be counted on to do her best, even in difficult times. Since her death, leaders of other countries have described her as “warm”, “kind”, “funny”, “wise” and “dignified”. She will be sadly missed, but let’s remember that for the 70 years she ruled the UK, The Queen always kept the promise she made when she was crowned – to serve her people and her country.



At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

- 1 UNDERSTAND WHAT GRIEF IS**
Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.
- 2 MEET THE CHILD 'WHERE THEY ARE'**
This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.
- 3 EXPLAIN CLEARLY WHAT DEATH IS**
It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.
- 4 BE PREPARED FOR QUESTIONS**
On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.
- 5 FIND WAYS TO REMEMBER THEM**
It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure. For instance, you and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.
- 6 ENCOURAGE COPING STRATEGIES**
You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.
- 7 REACH OUT FOR SUPPORT**
If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123
WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994

WINSTON'S WISH:
08088 020 021

Meet Our Expert
Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

The National College

www.thenationalcollege.co.uk [@thenatcollege](https://twitter.com/thenatcollege) [/thenationalcollege](https://facebook.com/thenationalcollege)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.05.2022

Other grief support:

<https://www.winstonswish.org/talk-to-children-about-death-of-queen/>

<https://www.savethechildren.org.uk/blogs/2022/talking-to-kids-about-the-queens-death>

<https://www.griefencounter.org.uk/grief-guide/how-the-death-of-the-queen-can-impact-children-and-young-people/>

<https://www.twinkl.co.uk/resource/public-mourning-on-the-death-of-hm-queen-elizabeth-ii-ks1-powerpoint-t-lf-1662650820>

Books to support children with grief:

