

My Journey

Ko Taku haerenga

↑ Colour in the frame with your favourite colours ↑

Draw a picture of you and your special person

My name is ...

About this book

Children will have many questions and emotions that they will be dealing with when a loved one is ill. This creative workbook provides a way to work through some of their understanding about what is happening to their loved one and the effects it may be having on them emotionally.

It is a good idea to support your child to use this resource, however let them lead. There is no 'right' way, or time limit to complete the workbook. Let them choose which activities they want to focus on.

***If you don't have access to a printer please ask your Hospice care team and they will provide you a printed copy.**

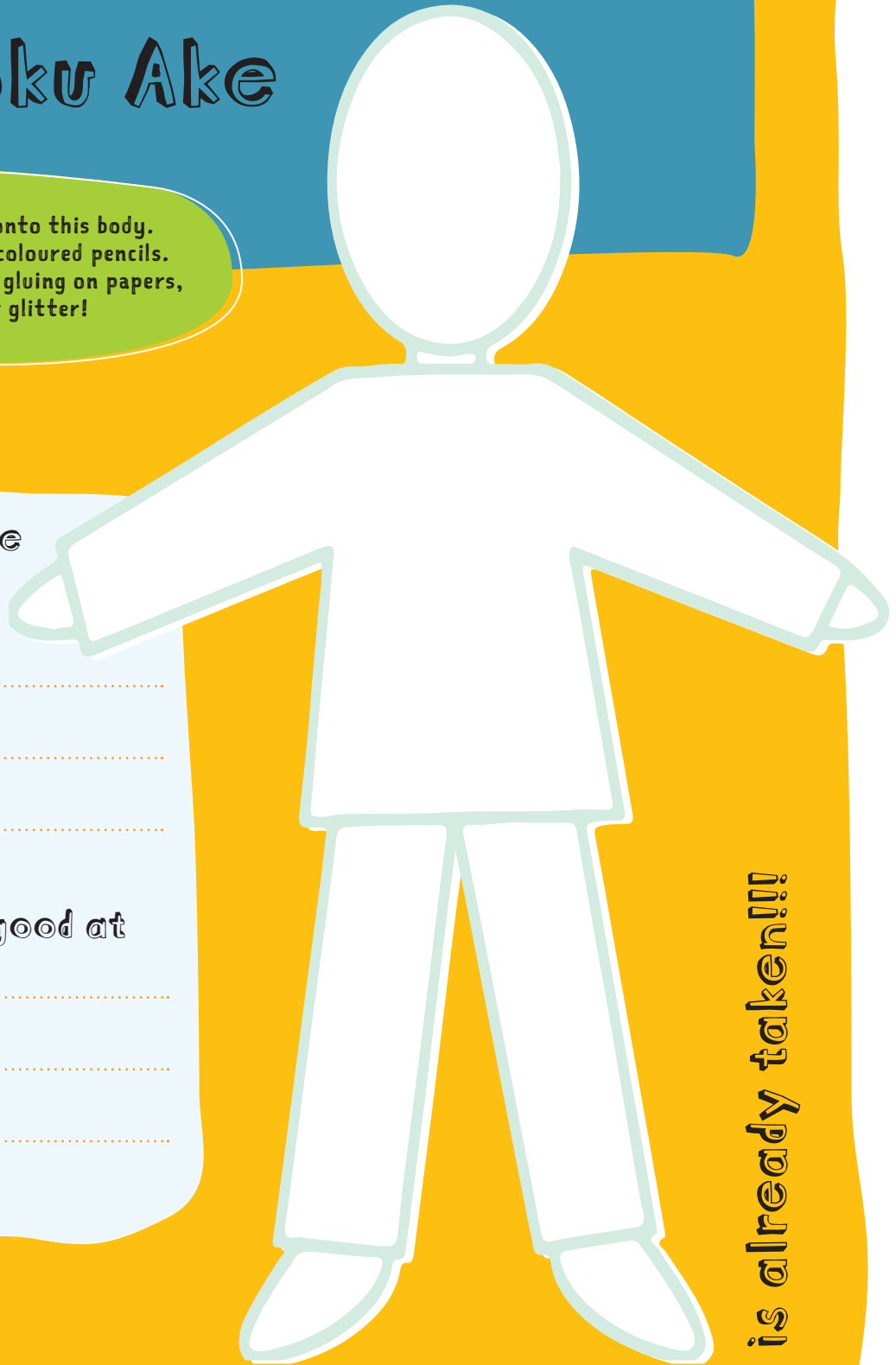
All about me!

Mōku Ake

Draw yourself onto this body.
Use felt pens or coloured pencils.
You could also try gluing on papers,
fabrics or glitter!

3 things I like
about me

3 things I am good at



is already taken!!!

BE YOURSELF. Everybody else

My family tree

Tōku Whakapapa



Write the names or draw pictures of
your family in the frames.
You can include your pets too!

Me

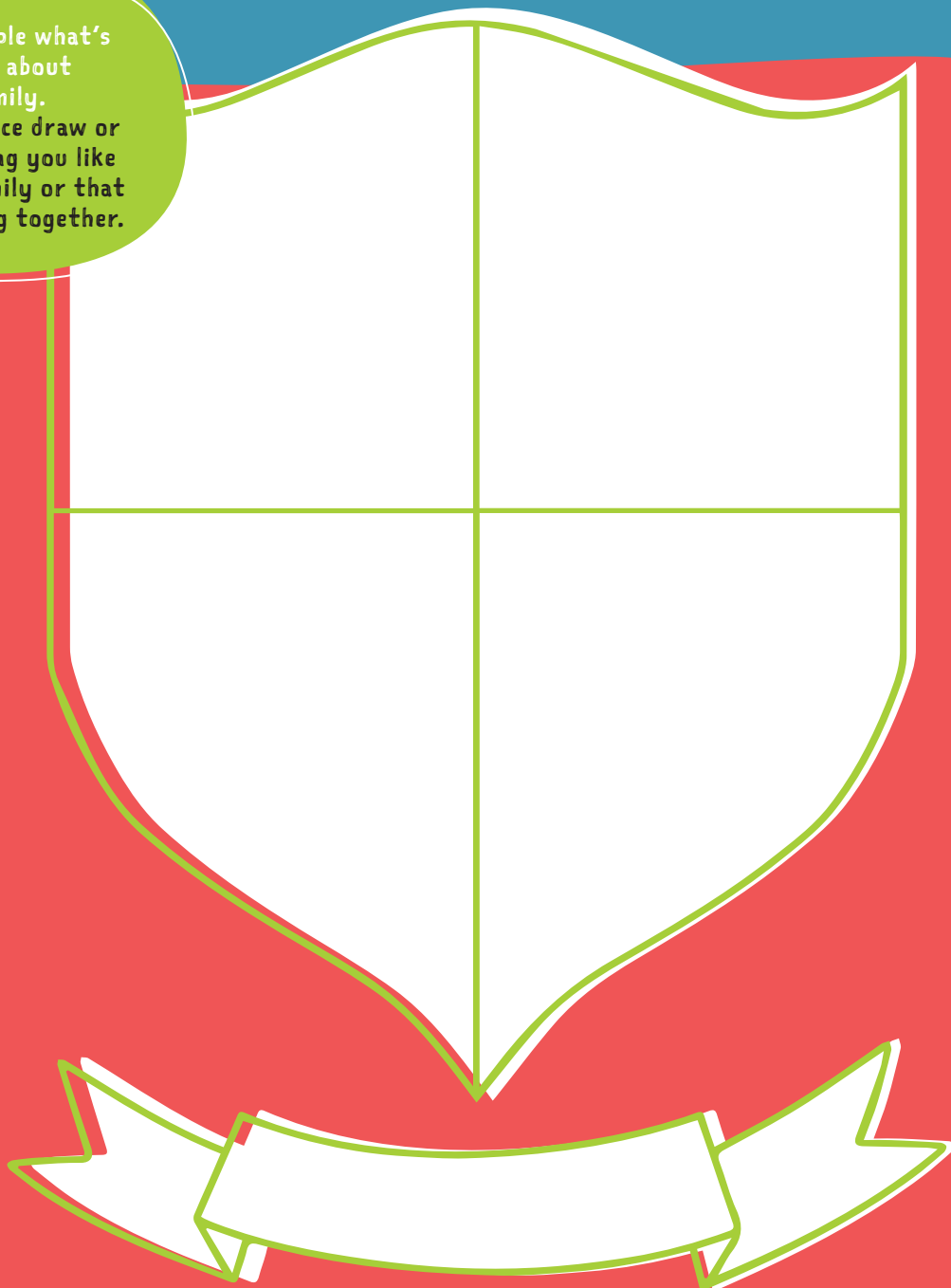
roots. Enjoy the view.

Advice from a tree: Stand tall and proud. Remember your

My family Coat of Arms Tuhinga o mua

This tells people what's
important about
your family.

Inside each space draw or
name something you like
about your family or that
you enjoy doing together.



Write your family name here

About me e pā ana ki ahau

I feel like

I have to

I am proud of

I dream about

I worry about

I have started

Write or draw your
answers in the frames.

I am frightened of

What is making

write your special
persons name here

sick? mavivi

The illness/mavivitanga
is called

.....

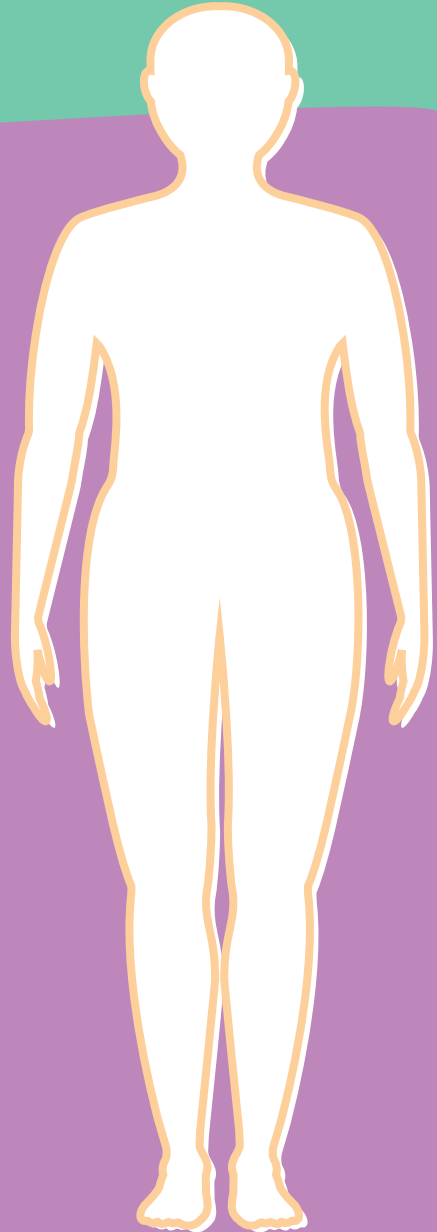
Things I want to know about
the illness

.....

.....

.....

.....



Write or draw what you know
about the illness then write or
draw where the illness is on
this body.

My Feelings

Ahvataंगा



HAPPY



ANGRY



HURT



SAD



SURPRISED



EMBARRASSED



SCARED



TIRED



DISAPPOINTED



FRUSTRATED



BORED



EXCITED



CONFUSED



SICK



ANXIOUS



AGGRESSIVE





Put a tick next to the feelings you have felt since finding out that

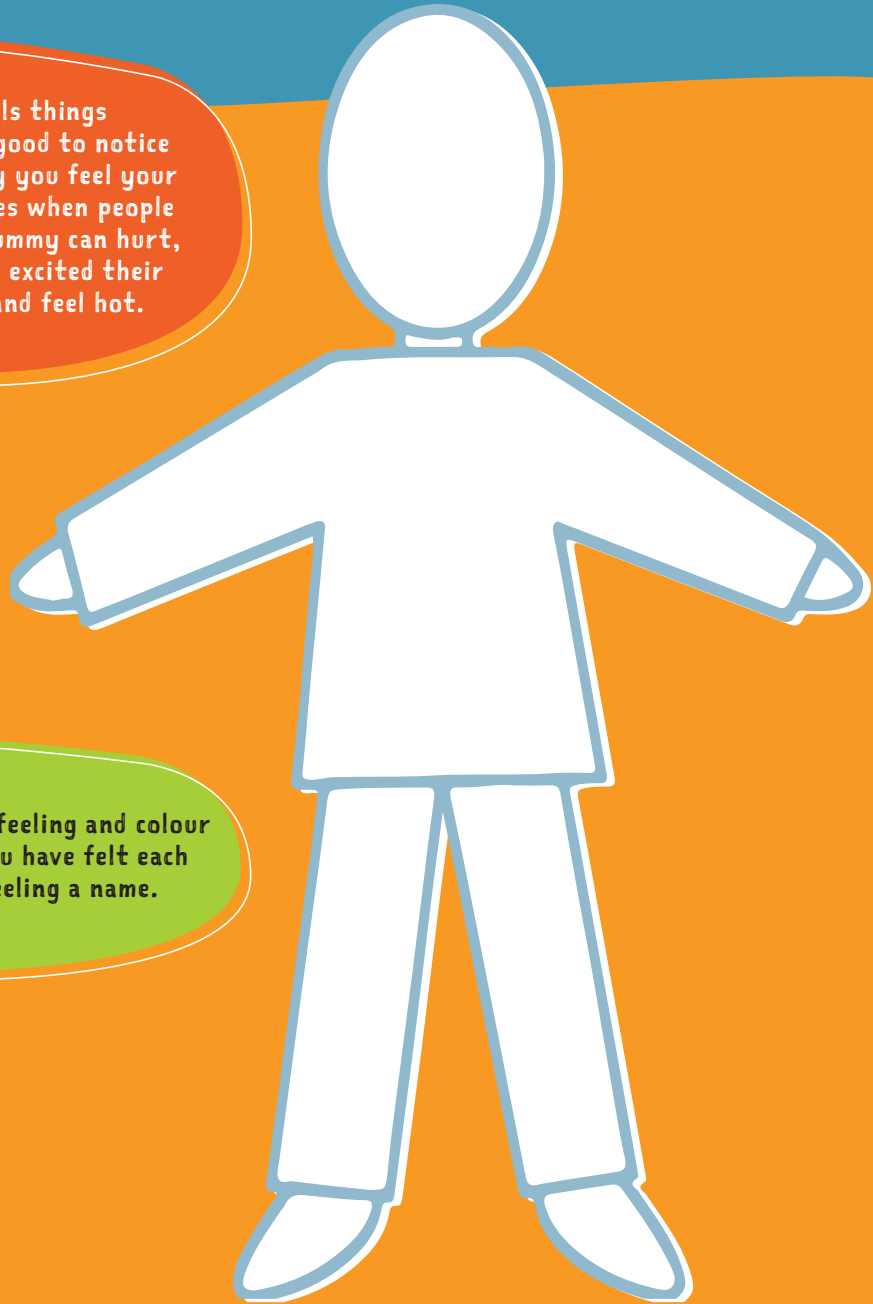
_____ is sick.

Draw a face and write your own feeling in a blank circle if you have felt or feel something different.

The feelings tinana in my body

Everyone feels things differently. It is good to notice where in your body you feel your feelings. Sometimes when people feel scared their tummy can hurt, or when they feel excited their skin can tingle and feel hot.

Chose a colour for each feeling and colour where in your body you have felt each feeling. Give each feeling a name.



what tomorrow may bring!

Don't loose HOPE. You never know

My Support Crew

Ōku Kaitautoko

Family / Whānau Friends / Hoa Sports team members School friends Teachers / Kura Neighbours Church Other people

It's good to know who is in your Support Crew so that you know who to talk to when times get tough. You might talk to different people about different things.

In the circle draw the people who are in your Support Crew or write their names.

Don't change so people will like you.

Be yourself and the right people will love the real you.

What can help me
feel better?

Kia pai ake

What things do you do that help
you feel better?

Draw or write about these things
in the heart.

Be your own BFF! xxx

My Week Tōku wiki



Monday
Rāhina

Tuesday
Rātu

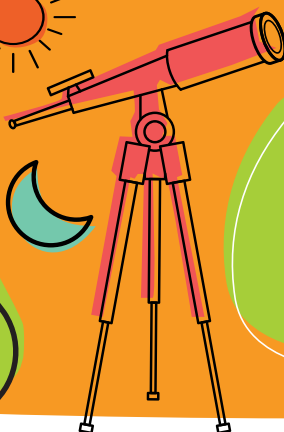
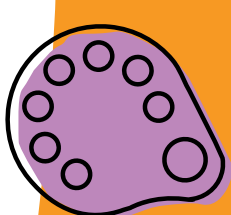
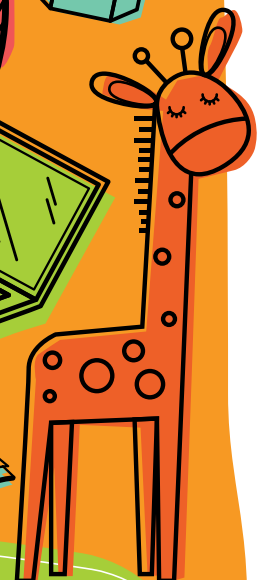
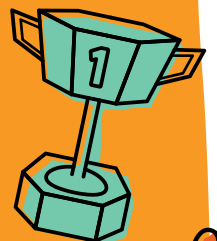
Wednesday
Rāapa

Thursday
Rāpare

Friday
Rāmere

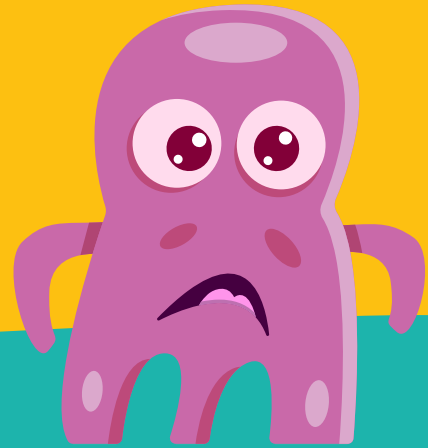
Saturday
Rāhori

Sunday
Rātapu



Write or draw what you do each day.
Each day we do different things.
Some things we do most days, like going to school or kindy. Other things we do once or twice a week, like playing soccer or going to dance class.

My Worry Creature Kararehe



If your **WORRIES**

were a **CREATURE ...**

What would it **LOOK** like? What would it **SOUND** like?

What **COLOURS** would it be? What would it be **MADE OF**?

What would it **SMELL** like? What would it be **CALLED**?

Where does it **GO** when you need a **REST** from your worries?



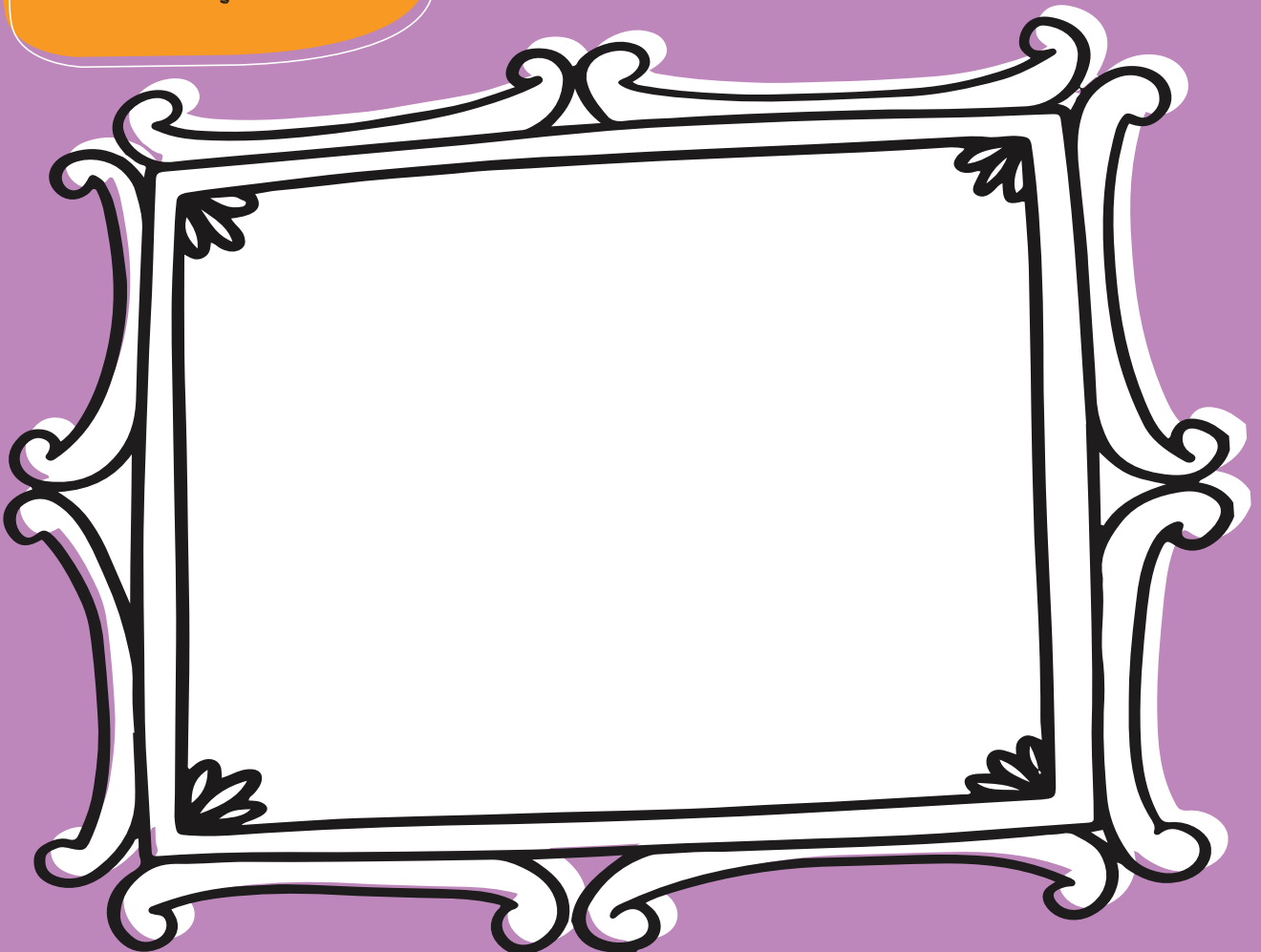
Draw a picture
of your Worry Creature.

Ideas whakaaro for spending time with

write your special persons name here

Do things together like -
watching a **MOVIE**, making **ART**, listening to **MUSIC**,
doing your **HOMEWORK**, **HUGGING** each other,
SITTING/LYING quietly with them or telling them
that you **LOVE/AROHA** them.

In the frame
draw or make a list of things you
can do together.



My Memory Collage

Kohinga Mahara

A memory collage is a picture that celebrates someone special. It is made by gluing pictures, photos and things onto the page.

Make a picture about your special person. Maybe your picture will show why they are important to you, the special things you have done together, or be about their favourite things.

Information for adults

Further Support...

We hope this resource has been helpful and has given your child (or children) the opportunity to reflect on, and express, how they're feeling in a way that is meaningful to them.

If you need further support, or would like to give us any feedback, please don't hesitate to contact our Family Support Team.

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