












<p><b>Pom pom jar</b> Fill a jar with pom poms / buttons / sweets. Remove one every day as a visual countdown for when you will see your loved one again.</p> 		<p><b>Post box</b> Children very much live in the moment and it can be hard to not be able to immediately show off a piece of writing or a drawing they have done to mum/dad/grandma etc. Post their work in a custom post box at home or in the classroom, to be collected in a folder or posted to their absent loved one.</p> 		
<p><b>Memory box</b> Make a memory box – spend time decorating it. Fill it with photos, letters, anything that reminds you of the person the box is in honour of.</p>	<p><b>Write a letter</b> Write a letter to the person you are missing. Detail your favourite things about them, or your favourite memories. You can keep the letter for yourself, or you may choose to send it.</p>	<p><b>Connect</b> Talk to someone – a friend, a parent, a teacher. Getting your feelings off your chest and working out ways forward can help.</p> 		
<p><b>Signposting</b> Early help: <a href="tel:01609534829">01609 534829</a> CAMHS: <a href="tel:03000132000">0300 013 2000</a> Cruse: <a href="tel:08088081677">08088081677</a> AWS: <a href="tel:01904882053">01904882053</a></p>	<p><b>Reflection</b> Find a calm and secure space where you can reflect in peace</p> 	<p><b>Loss and Separation</b> Loss and separation can cover a range of difficult and emotional situations such as: deployment, transition, losing a friend, the death of a loved one, divorce. Here you will find some activities that may help in dealing with these issues.</p>   	<p><b>Useful links</b> SSAFA: <a href="http://www.ssafa.org.uk">www.ssafa.org.uk</a> Little Troopers: <a href="http://www.littletroopers.net">www.littletroopers.net</a> Headspace: <a href="http://www.headspace.com">www.headspace.com</a> Deployment kids: <a href="http://www.deploymentkids.com">www.deploymentkids.com</a> Help for parents and children during deployment: <a href="https://www.raf.mod.uk/serving-families/deployment/help-for-parents-children-during-deployment">https://www.raf.mod.uk/serving-families/deployment/help-for-parents-children-during-deployment</a> Children's society: <a href="https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/loneliness">https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/loneliness</a></p>	
<p><b>Books</b> Sometimes Zoe and the Time Rabbit Lily Hates Goodbyes My Daddy's Going Away Night Catch A Paper Hug</p> 	<p><b>Calendar countdown</b> A good visual activity – print off a picture of mum/dad in uniform and move them along the calendar every day. A picture of mum/dad in normal clothes on the day they will be home!</p> 	<p><b>Things to do together:</b> Write down some ideas of things you would like to do together when you are reunited. Fold them up and put them in a jar or a little box to be chosen in future when you are together again.</p>	<p><b>Keep a journal</b> It can help to jot down your thoughts and feelings. It can be therapeutic and can help to get your thoughts in order.</p>	<p><b>SPC contact details:</b> Jess Greenhalgh 01609 532 193  Nickie Young 01609 535 685 <a href="http://www.ServicePupilsChampion.co.uk">www.ServicePupilsChampion.co.uk</a></p> 
<p><b>Photo collage</b> Make a collage of your favourite photos of you and whoever it is you are missing.</p>	<p><b>Map</b> Find where mum/dad/grandparents are on a map. Draw a string from them to you. How many miles?</p>			