



The rucksack therapeutic programme

Talking

All our activities are designed to help the child express his/her thoughts and feelings. Some children just want to talk. The **rucksack** visitor is a skilled listener and will listen and answer questions, throughout the visits. Visits usually take place once a week at the bereaved child's home.

Focussed play

The **rucksack** visitor can facilitate play sessions. If the child is affected by their loss, this will show in their play and the visitor will focus the play in ways that allow the child to express their feelings. The visitor will bring and use play aids (eg puppets).

Art and craft

There are various art and craft activities that can be used to honour memories (eg making a picture frame to house a cherished photo) and to help a child to express feelings. The **rucksack** visitor can facilitate these activities and provide appropriate craft materials.

Memory Boxes

We can provide a special memory box which can be filled with items for the child to keep. The **rucksack** visitor will spend time discussing the items in the box and will help the child add pictures, writing, poems etc and decorate the box if wanted. This activity requires the co-operation of the child's family to help the child find appropriate items to fill the box. These might include a personal item of the deceased.

Scrapbooking

It can be helpful for the child to record their thoughts and feelings about their loss. The **rucksack** visitor will visit the child at home to work on making the book, and will provide the basic materials for this activity. Some children may want to share this activity with their family. We will ask you to leave your child alone with the **rucksack** visitor for at least some sessions – sometimes children try to protect those around them from their feelings and it helps if they can have the opportunity to spend some time alone with the visitor.