



Higgledy Piggledy Hearts

Featuring *Magical Maisie*
Part of the *Magical Maisie* Collection

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Illustrations by **Monika Marzec**



WORKBOOK

Written by **Emma Farrell**
Illustrated by **Monika Marzec**

To parents, teachers, relatives and friends

Communicating with children about big emotions can be difficult. A child's developing brain is imaginative, creative and beautiful. Their communication is through play and metaphor rather than the verbal language of adults.

This workbook is designed to help you communicate with children about how they are feeling and their experience of bereavement, loss and grief through the characters of the book. This workbook enables children to create their own memory box and project how they are feeling onto characters such as Lilly, to communicate how they are feeling in an unconscious and indirect way. Through this, adult and child can work together to expand current coping mechanisms, discuss emotions and undertake practical tasks to help a child in their grieving process.

The workbook follows Stephen, Lilly and Maisie through their journey of grief, helping children to identify their feelings through behaviours and bodily sensations, providing practical examples of activities to assist in regulating emotions and ultimately providing a fun way for children to be able to track their journey and keep their memories safe.

It helps adults talk to children about where their loved person is following death. This, in therapy, can often be something children really want to know.

This resource is designed to be used in conjunction with the Higgledy Piggledy Hearts book.

Magical Maisie

Magical Maisie is Lilly and Stephen's best friend. Maisie is a sensitive little dog who goes everywhere with them and has secret superpowers. Maisie seems to be able to read minds. She somehow knows how Lilly and Stephen are feeling and is always there when they need her. Maisie's magical powers don't stop there, she is cuddly, super playful and is always able to cheer Lilly and Stephen up and make them smile.

Stephen and Lilly believe that Magical Maisie's superpowers are very special. Maisie's big ears help her to listen in a very special way. Her nose lets her sniff out what Lilly and Stephen really feel. Sometimes Lilly and Stephen say that they are okay and Maisie's nose is able to sniff out that they are actually feeling angry or sad. When Maisie listens, Stephen and Lilly feel warm, fuzzy and safe.

When Stephen and Lilly have big feelings, Maisie sits patiently and calmly waiting for them to pass. When Lilly and Stephen are grumpy, Maisie uses her big ears to listen to what is really going on, knowing that a sneaky feeling will be hiding behind being grumpy.

Maisie is very patient, and Stephen and Lilly don't feel rushed. Whatever is happening, however they feel Maisie is always there wagging her tail, wanting to help.



How would an adult know if you were feeling

sad



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happy



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love



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lonely



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angry



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scared



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confused



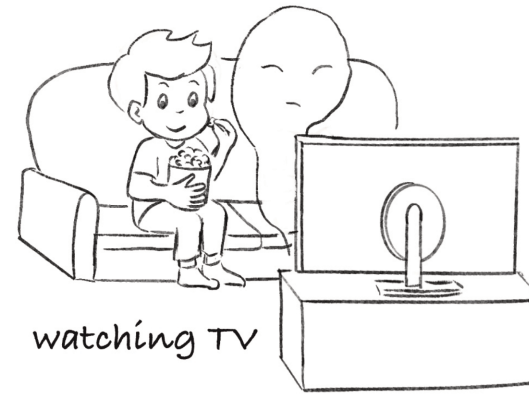
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embarrassed



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How have you tried to get away from your emotions?



watching TV



trying to ignore it



playing a computer game,



playing with friends



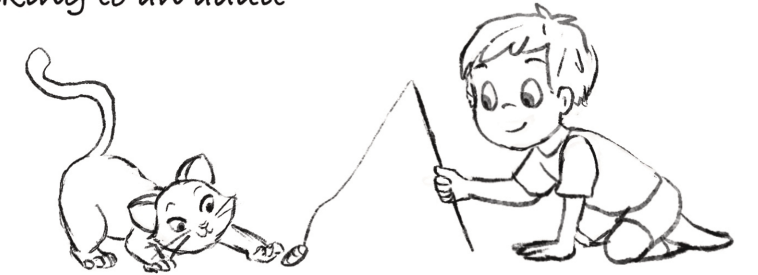
talking to an adult



being on your own



eating your favourite food



playing with a pet.

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What could people do to help you feel better?



What do you need when you are embarrassed?

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What do you need when you are sad?

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What do you need when you are angry?

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What do you need when you are scared?

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What do you need when you are lonely?

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What do you need when you are confused?

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