

TASK: SACK OF STONES

ALRIGHT MATE? ARE YOU READY TO START LAUGHING AGAIN? TO LOOK AT OLD PHOTOS AND VIDEOS AGAIN AND TO BRING A SMILE BACK TO THE HOUSE?

'I WANNA TALK TO YOU ABOUT HER BECAUSE THAT'S HOW SHE'LL STAY WITH US'

THIS IS WHAT JAC SAYS IN THE PROGRAMME. IT'S TRUE, ISN'T IT? IT'S SO IMPORTANT TO TALK ABOUT THE PERSON YOU'VE LOST TO KEEP THEM IN YOUR THOUGHTS.

AFTER LOSING SOMEONE THAT WAS REALLY IMPORTANT TO YOU, IT'S HARD TO ORGANISE THE QUESTIONS AND THOUGHTS IN YOUR HEAD, AND THESE CAN WEIGH HEAVILY ON YOU LIKE A SACK OF STONES.

BUT WHAT ABOUT USING THIS SACK OF STONES TO HELP YOU LESSEN THE LOAD THAT'S ON YOUR SHOULDERS? YOU CAN USE A REAL SACK OF STONES OR ONE THAT'S BEEN PRINTED.

AT THE START OF THE TASK THE SACK WILL BE HEAVY WITH ALL THE WORRIES AND UNANSWERED QUESTIONS.

TAKE A STONE FROM THE SACK AND READ WHAT'S ON IT

**WHEN I GO TO SLEEP, I THINK OF...
MY FAVOURITE THING ABOUT HIM OR HER WAS...
MY FAVOURITE MEMORY WITH HER OR HIM IS...
IF I COULD SEE THEM AGAIN I WOULD...
HOW DID HE OR SHE DIE?
I CAN'T TALK ABOUT HIM OR HER BECAUSE...
HE OR SHE WAS SO SPECIAL BECAUSE...
I CAN TALK WITH...
I'D LIKE TO CELEBRATE HIS OR HER LIFE BY...
THE WORST TIME OF YEAR IS...
WHEN I FEEL SAD I...
TALKING TO SOMEONE IS IMPORTANT BECAUSE...
MY FEELINGS AND ACTIONS AFFECT...**

DOES THE SACK GET LIGHTER AS THE STONES ARE REMOVED? THE HOPE IS THAT YOUR THOUGHTS WILL GET LIGHTER IN THE SAME WAY, AND YOU'LL BE ABLE TO THINK ABOUT THOSE THAT HAVE LEFT US WITH A SMILE ON YOUR FACE AND TO REMEMBER ALL THE GOOD TIMES!

