# GO BRIGHT FOR BODIE

## Secondary School Pack

**Thank you for hosting a Go Bright for Bodie day, in aid of The Bodie Hodges Foundation. We are delighted that you are joining us for a day of FUNdraising! We hope you and your students enjoy going Bright for Bodie and taking part in fundraising for a local charity.**

The Bodie Hodges Foundation is a child bereavement charity, supporting families in Leicester, Leicestershire and Rutland following the death of a child. We do this by providing 1:1 early therapeutic counselling sessions, peer to peer support groups, and providing Bodie's Treasured Memory Bags to bereaved siblings across the UK.

We are completely self-funded, so having lovely people like yourselves support us is crucial to keep our services running. We hope that your 'Go Bright for Bodie' day will give you, your colleagues, and your students, an insight into the importance of our work, and will hopefully educate you on how to support families after the death of a child. Your involvement means a lot to us and will help us to ensure that no family is left to grieve alone.

It would be fantastic to see students going Bright for Bodie by wearing their brightest, most colourful clothes. Students could pay £1 to wear non-uniform, which would then be donated to The Bodie Hodges Foundation.

The Bodie Hodges Foundation aims to help people to understand their thoughts and feelings through their bereavement.

The following activity ideas are designed to help young people engage with others and share coping strategies around anxiety and low mood. The aim is for students to share their self-care routines and build each other's self-esteem. This can help them learn from each other and feel supported.

Within these activities, we encourage students to use bright pens and paper, incorporating the 'Go Bright for Bodie' theme.

We suggest that you print off any of the downloadable resources in advance and come up with a plan for the day using our ideas, or some of your own. All the activities follow the 'bright' theme.

Where possible, we would be hugely grateful if you could take some photographs of the day and share on your own social media pages, tagging The Bodie Hodges Foundation. It would also be wonderful if you could email a few photos to Lucy on lucy@bodiehodgesfoundation.co.uk for use on our website, social media, or promotional materials (we understand that this is dependent upon consent).

***Enjoy! With love from Team Bodie x***

# GO BRIGHT FOR BODIE

## Brighten Someone's Day
## Get Colourful and Caring!

- Wear your **BRIGHTEST** clothes and help us spread joy, self-care, and support for friends who need it most!
- Whether it's neon pink socks or a rainbow tutu **– the brighter, the better!**
- Non-Uniform Day – **Just £1 to take part!**
- **All proceeds go to supporting The Bodie Hodges Foundation** and promoting mental wellbeing and friendship in our community.

Donate here

**SCHOOL NAME:**

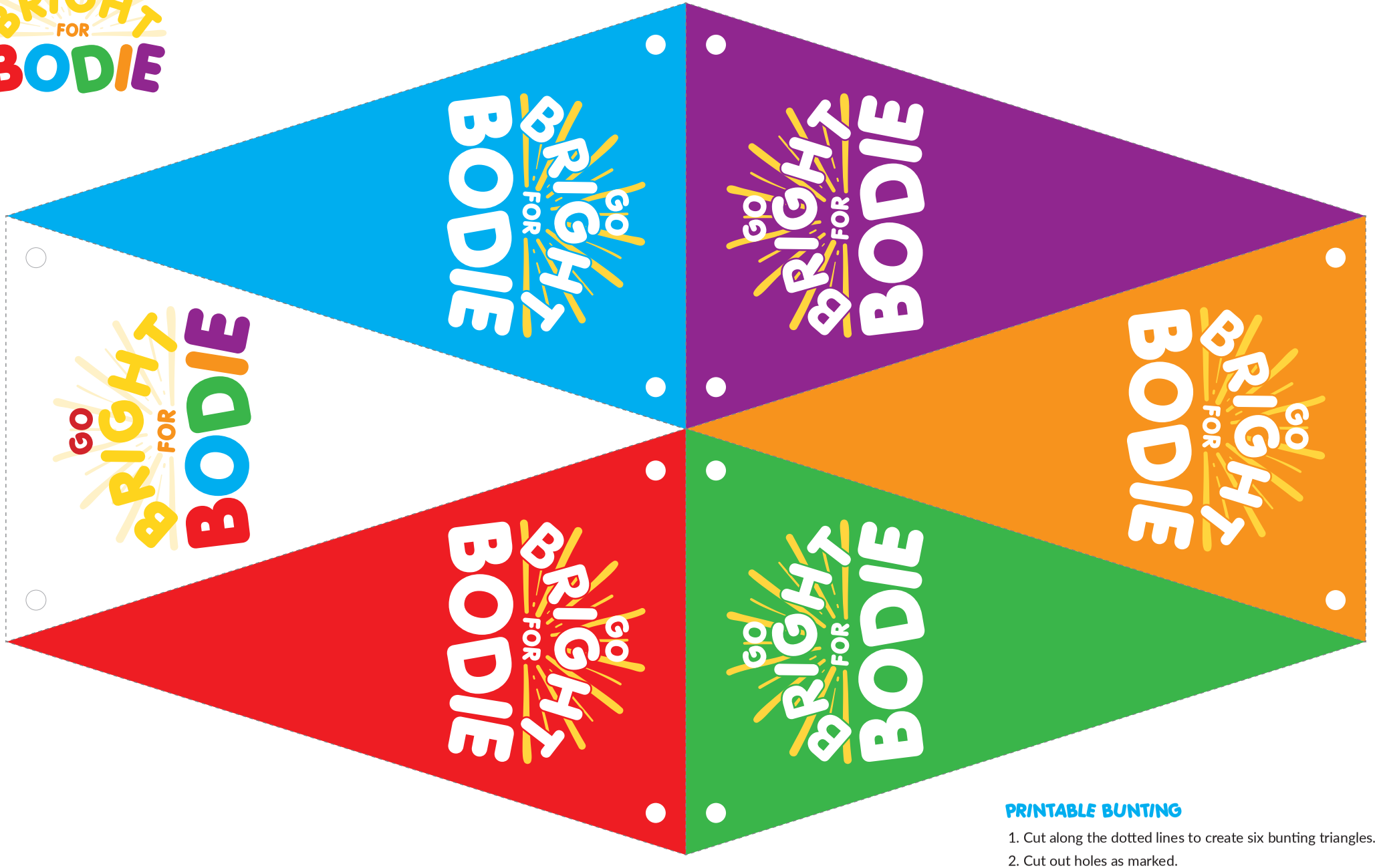
**DATE:**

**TIME:**

**Let's Go Bright for Bodie and make the world a little more colourful together!**

Registered charity no: 1196162

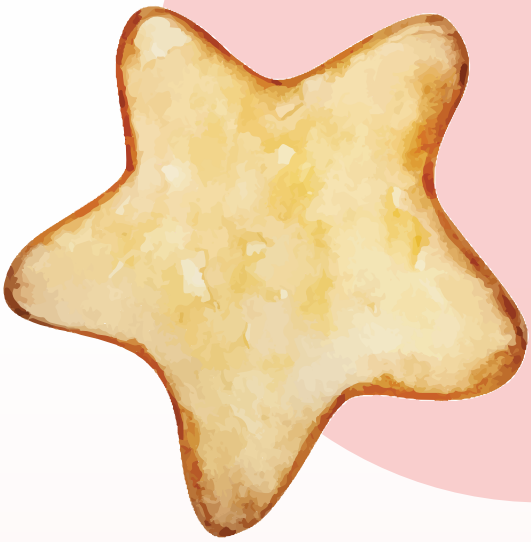
GO BRIGHT FOR BODIE




## PRINTABLE BUNTING

1. Cut along the dotted lines to create six bunting triangles.
2. Cut out holes as marked.
3. Thread string through the holes to create your bunting.
4. Print multiple sheets to create a longer length..

# BODIE'S BISCUIT RECIPE



## INGREDIENTS:

200g unsalted butter, softened

200g golden caster sugar

1 large egg

½ tsp vanilla extract

400g plain flour

Icing pens for decoration



## METHOD:

- Pre-heat oven to 200C/ 180C fan/ gas mark 6
- Line a baking tray with baking paper
- Put butter in a bowl, and beat until soft and creamy
- Beat in the sugar, then egg, then vanilla
- Fold in the flour to make a dough - add more flour if it feels too sticky
- Roll the dough out to about 5mm (1/2 cm) thickness
- Cut out shapes using a biscuit cutter of your choice
- Transfer biscuits onto baking tray and put in the oven
- Bake for 8-10 minutes or until the edges are just brown
- When cool, decorate with lots of colour and patterns!

GO BRIGHT FOR BODIE

# SELF-CARE KIT

Fill your kit with things that might help on the days when you feel overwhelmed, anxious or low.

***For examples, listening to music, seeing friends, exercise.***



# MEMORY TAGS

Cut out the tags and encourage students to write the name of a person (or pet) that they miss. Create something to hang the tags on and make a 'Memory Corner' in your classroom.

GO BRIGHT FOR BODIE

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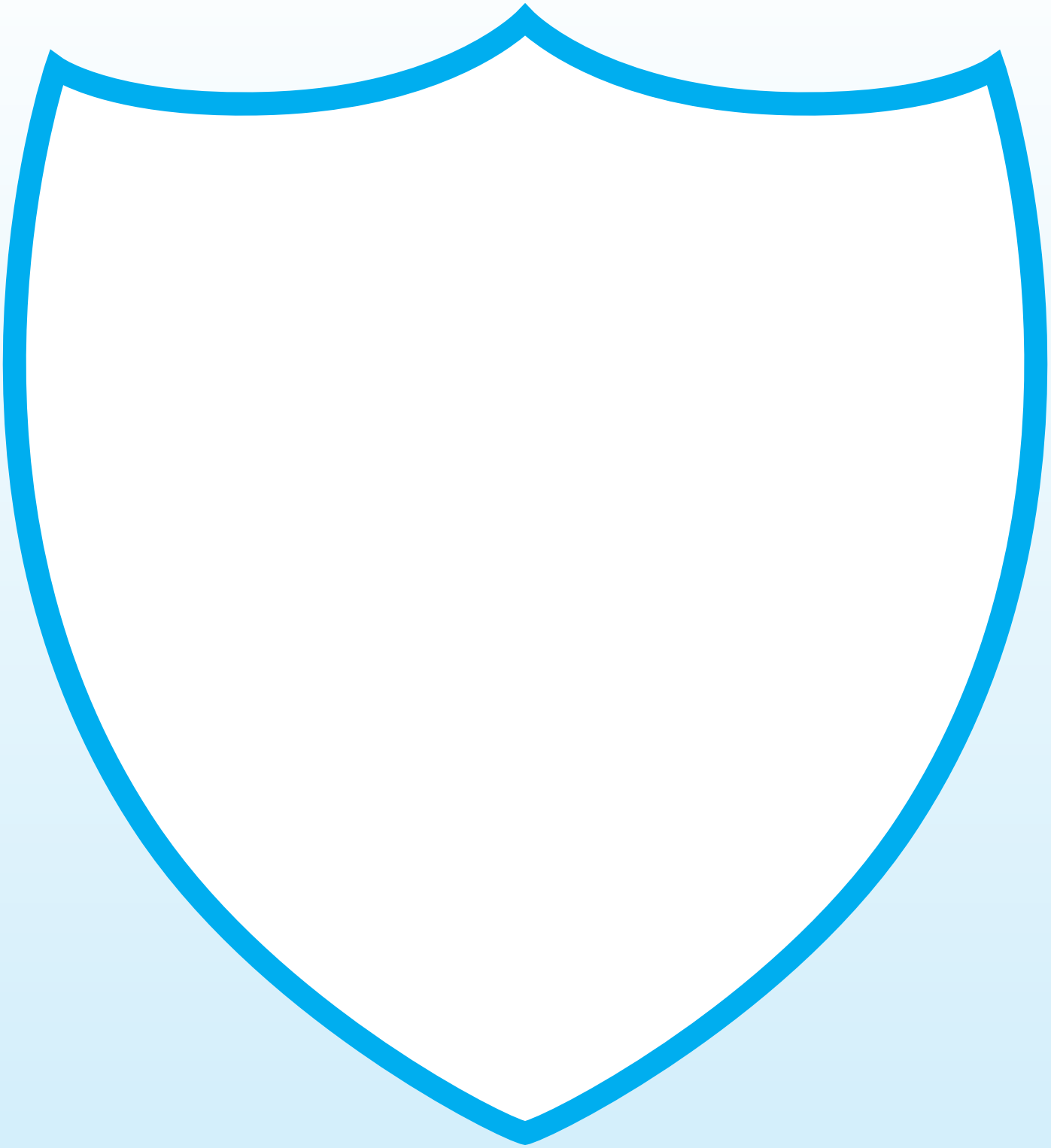
IN MEMORY OF

# MY SHIELD OF SUPPORT

GO BRIGHT FOR BODIE

**Who supports and cares for you? Who can you talk to?**

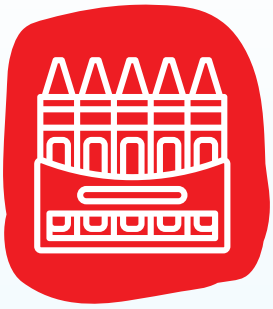
Draw a picture or symbol to represnt the people in your support shield.



# MORE GO BRIGHT FOR BODIE IDEAS!



Create a piece of colourful artwork, individually or as a class, and put it on display in school – maybe swap your paint brushes for some unconventional tools like vegetables, toy cars, or fabric scraps.



Print off some age-appropriate mindful colouring to encourage calm emotions and self-reflection.



Write a poem about how you can be kind, friendly or helpful.



Play the compliments game – a ball gets passed around the room between students, the young person throwing the ball then gives a compliment to the child receiving the ball.



Brighten someone's day by performing a random act of kindness – e.g. give someone a compliment, help someone carry their things, encourage classmates to join in with a game, share crayons or toys, tidy the classroom.



Write self-care ideas on the white board as a class – encourage students to come and write a word on the board using their non-dominant hand (this makes the activity more fun and engaging).



Create a collage from old magazines to represent your mood or feelings.



Come up with some other fun ideas that your students would enjoy...

# What your support could fund

The death of a child is one of the most heart-breaking things that can happen to a family. The support available following a child death is limited and often has lengthy waiting times. The Bodie Hodges Foundation is there to make sure families get the support they need, as early as a few weeks into their grief.

All of our services are provided free of charge, and we are a self-funded charity, meaning we have to fundraise for absolutely everything.

By hosting a Go Bright for Bodie day, you are helping us to ensure that no family is left to grieve alone.

| | |
|---|---|
| £8 | Could fund a Worry Bear Boo, included in our Bodie's Treasured Memory Bags for siblings to hug and share their grief with. |
| £15 | Worry kit which includes A Worry Bear Boo, Huge Bag of worries picture book, post it notes and a pen. |
| £20 | Could fund art materials used in our support sessions provided to children and families to express their grief. |
| £60 | Could fund a Bodie's Treasured Memory Bag, a resource sent out to siblings bereaved of a brother or sister, helping them to express and understand their grief and record precious memories. |
| £70 | Could fund a 1-1 bereavement counselling session for a bereaved parent or sibling. |
| £240 | Could fund a monthly social activity for our dads' group. |
| £280 | Could fund 4 bereavement counselling sessions for an adult or child. |
| £550 | Could fund resources and trips for our #TogetherProject and #TogetherJuniors youth groups. |
| £2,100 | Could fund bereavement support for a child for one year. |

# Together, we can create glimmers of light in a family's darkest days

**Sign up to our Glimmers of Light campaign by setting up a monthly gift.**

**Your support will help us to provide families with a safe space to process their grief, connect with others who understand and a place where they can remember their child.**

Grief can feel extremely isolating, but through our services we help parents to look for those glimmers of light, reminding them of the love they hold for their child and the memories which can continue to shine bright.

When a child dies, families often find themselves surrounded in darkness, searching for even the faintest glimmer of light to guide them through their grief.

At The Bodie Hodges Foundation we are the light to these families, offering support, compassion and understanding.

**Sign up to give £3, £5, £8 or £30 a month.**

> "Amazing, you guys gave an incredibly dark time a glimpse of light. You helped me to realise I'm not alone and that it's okay to feel what I'm feeling and be honest about it. I honestly cannot thank you enough. There's still a long way to go, but I don't know where I'd be now without your support."

