

E-book Code:  
REAU3006



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# The Lifeskills Series

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## Grief, Illness and Other Issues

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**Activity 2**

# Family Reactions

 *When a person is diagnosed with a serious illness, a lot of people who are close to that person can be affected. Family and friends often find it hard to cope when someone close to them is sick and they can feel very sad and helpless.*

**Imagine if Chloe was a member of your family. Write down what you think some reactions might be for the people below. Include ideas about how you think people might cope when someone close to them has a serious illness.**

**Joanne (Chloe's older sister):**

**Hannah (Chloe's best friend):**

**Chloe's parents:**

**Chloe's classmates:**


**? How do you think Chloe's family coped with her illness?**

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### Activity 3

# Lost for Words

 Many people don't know what to say to people who have a very serious illness. Sometimes people can feel guilty about being healthy. Sometimes people can feel very sad as they think the sick person might not get better. Sometimes they can feel angry that this person is suffering.

**1** Think about times where you have had to talk to someone who has a serious illness. What did you say to them? Explain how you felt about talking to them. (e.g. nervous, afraid, angry, shy, sad.)

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**2** What do you think might happen to someone who has had cancer or any other serious illness, once he/she is well enough to go back to the school? Include some of the changes that might have occurred while he/she was in hospital.

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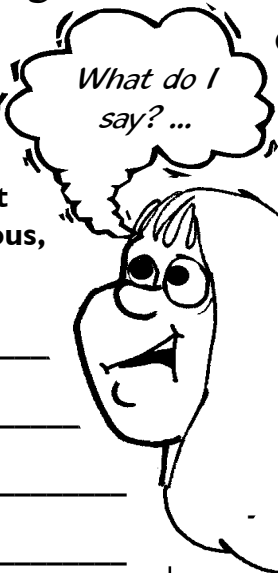
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**3** How could you help someone who was diagnosed with a serious illness. List some things you could do.

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**4** How would you like to be treated if you found that you had a serious illness? What would you expect your friends and family members to do or say?

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**Activity 7**

# A Disability In the Family

❶ Describe the disability that you or your family member has.

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❷ What were your reactions about this change?

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❸ How has this disability affected your family? Make sure you discuss some of the positive things that have happened as a result of the disability.

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❹ Make a list of the things in your home and school that have had to be modified as a result of this disability. Complete the table below.

	Item	Modifications
<b>At Home</b>		

	Item	Modifications
<b>At School</b>		

## Activity 8

# Profile of a Survivor

 Choose one of the people discussed on Page 27 and conduct some further research. You may like to use the websites provided as a starting point for your research.

**Find out as much as you can about this person and complete the profile below.**

**Name:**

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**Date of birth:**

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**Details of injury/disability:**

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**1** How has this person dealt with his/her situation?

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**2** In what ways have they raised public awareness to their disability?

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**3** What do you admire most about this person?

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**4** If you could meet this person, write down what you would like to say to them.

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**5** Think of three questions you would like them to answer.

**1.** \_\_\_\_\_

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**2.** \_\_\_\_\_

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**3.** \_\_\_\_\_

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