THE GRIEF HELPLINE! for SOCIAL ANIMALS



Helpline script written by children at
Willowbrook Hospice and Jenny Gaskell

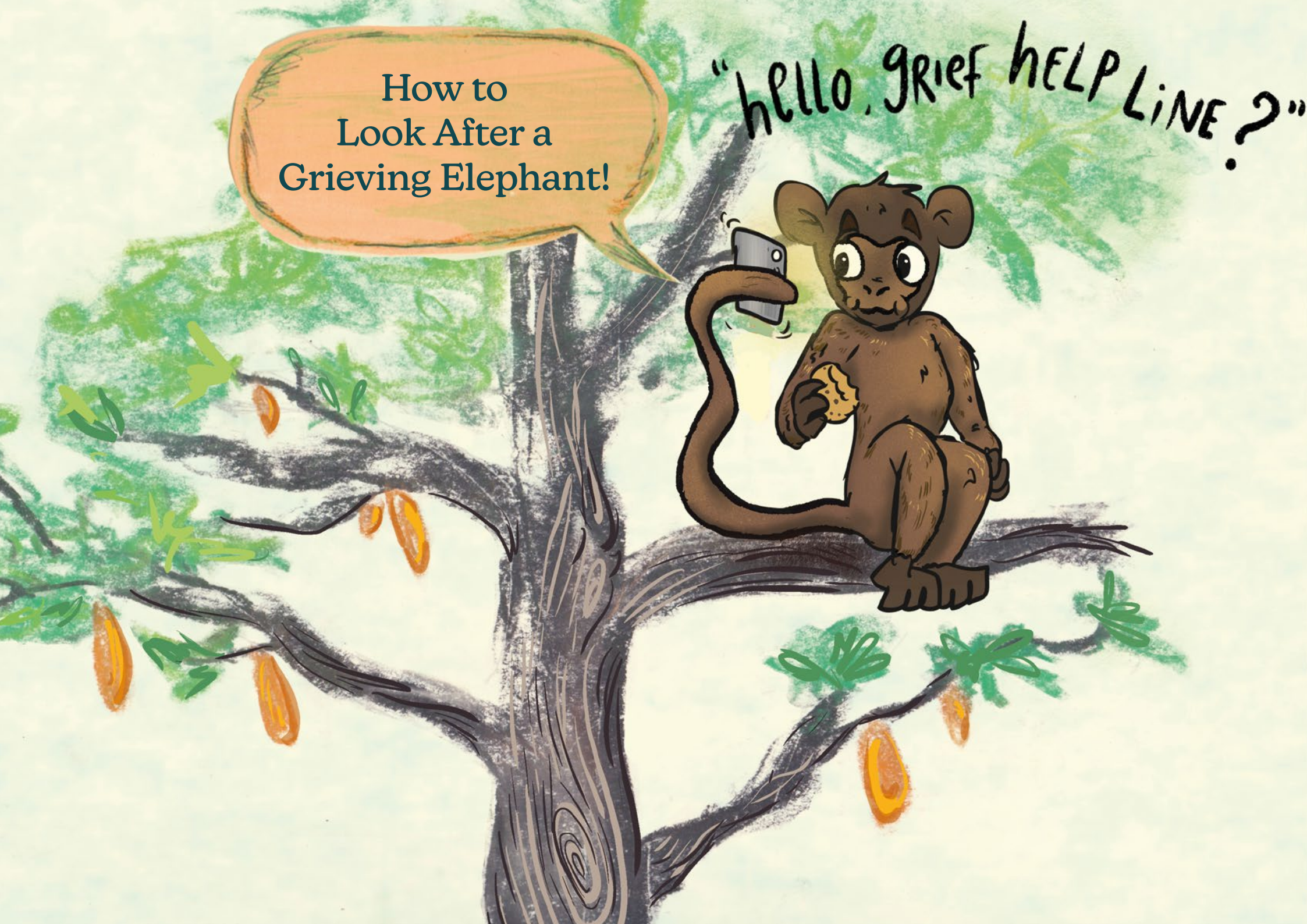
Welcome to The Grief Helpline for Social Animals!

The Grief Helpline for Social Animals was scripted with artist Jenny Gaskell and children who had experienced bereavement from St Helens.

The script was recorded by the Wonder Arts youth group; Young Wonders, the audio was produced by Serafin Dinges, featuring the song Poppyseed by Podington Bear. Illustrations by Macy Lowry Cassells Lee and Johanna Wilson.

The project was produced by Heart of Glass and Wonder Arts, in partnership with Child Bereavement UK, Willowbrook Hospice and Allanson Street Primary School.




How to
Look After a
Grieving Elephant!
"hello, grief help line?"

Elephants are a social animal, they spend a lot of time in a group of other elephants. A group of elephants is called a herd.

Young elephants like to play in the water and have even been seen to go snorkelling with their trunks!

When an elephant dies, members of their elephant herd are sometimes seen to change the way they act, some scientists think this is because they're grieving.

Grieving elephants have been seen to take a pause to notice and sniff their dead herd member. They might become more quiet and still. Sometimes elephants even bury their dead herd member with leaves.

If you ever meet a grieving elephant, you can be a good friend by:

- Asking them how they're feeling
- Offering snacks
- And telling them the truth

And remember:
Don't wind them up!

And thank you for being a good friend!




"hello, grief help line?"
How to
Look After a
Grieving Monkey!

Monkeys are social animals, they spend a lot of time in a group of other monkeys. A group of monkeys is called a troop.

Monkeys like to socialise by grooming each other and picking fleas out of each other's hair.

When a monkey dies, members of their monkey troop are sometimes seen to change the way they behave, some scientists think this is because they're grieving.

Grieving monkeys have been seen to gather together around the dead monkey and to hug and cuddle each other.

If you meet a grieving monkey, you can be a good friend by:

- Giving them a hug
- Telling them it's okay to be sad
- Or telling your favourite story of the monkey who has died

And remember:
Don't leave anyone out!

Thank you for being a good friend!





How to Look After a Grieving Wolf!



Wolves are social animals, they spend a lot of time in a group of other wolves. A group of wolves is called a pack.

Wolves like to talk to each other by howling together and rolling in the grass.

When a wolf dies, members of their wolf pack are sometimes seen to change the way they behave, some scientists think this is because they're grieving.

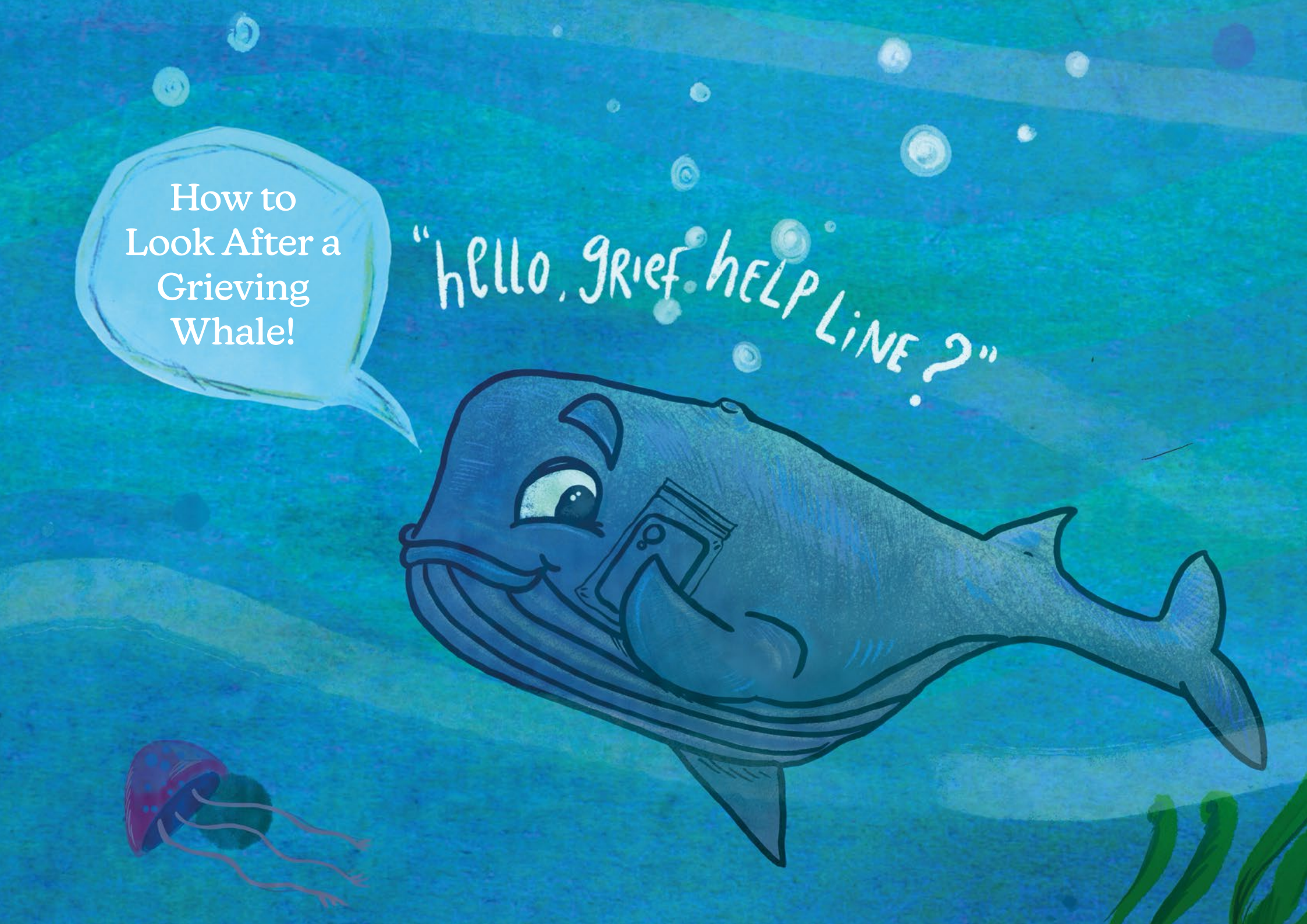
Grieving wolves have been seen to tuck their tail between their legs, become much quieter and take time alone to howl by themselves, instead of in a group.

If you meet a grieving wolf, you can be a good friend by letting wolves have time alone to:

- Listen to music
- Go for a walk in a park
- Or read a book - like The Diary of a Wimpy Kid

And remember:
Howwlllllllllll!

Thank you for being a good friend!


How to Look After a Grieving Whale!
"hello, grief help line?"

Whales are social animals, they spend a lot of time in a group of other whales. A group of whales is called a pod.

Whales like to spend time swimming together and also playing with seaweed like a sensory toy.

When a whale dies, members of their whale pod are sometimes seen to change the way they behave, some scientists think this is because they're grieving.

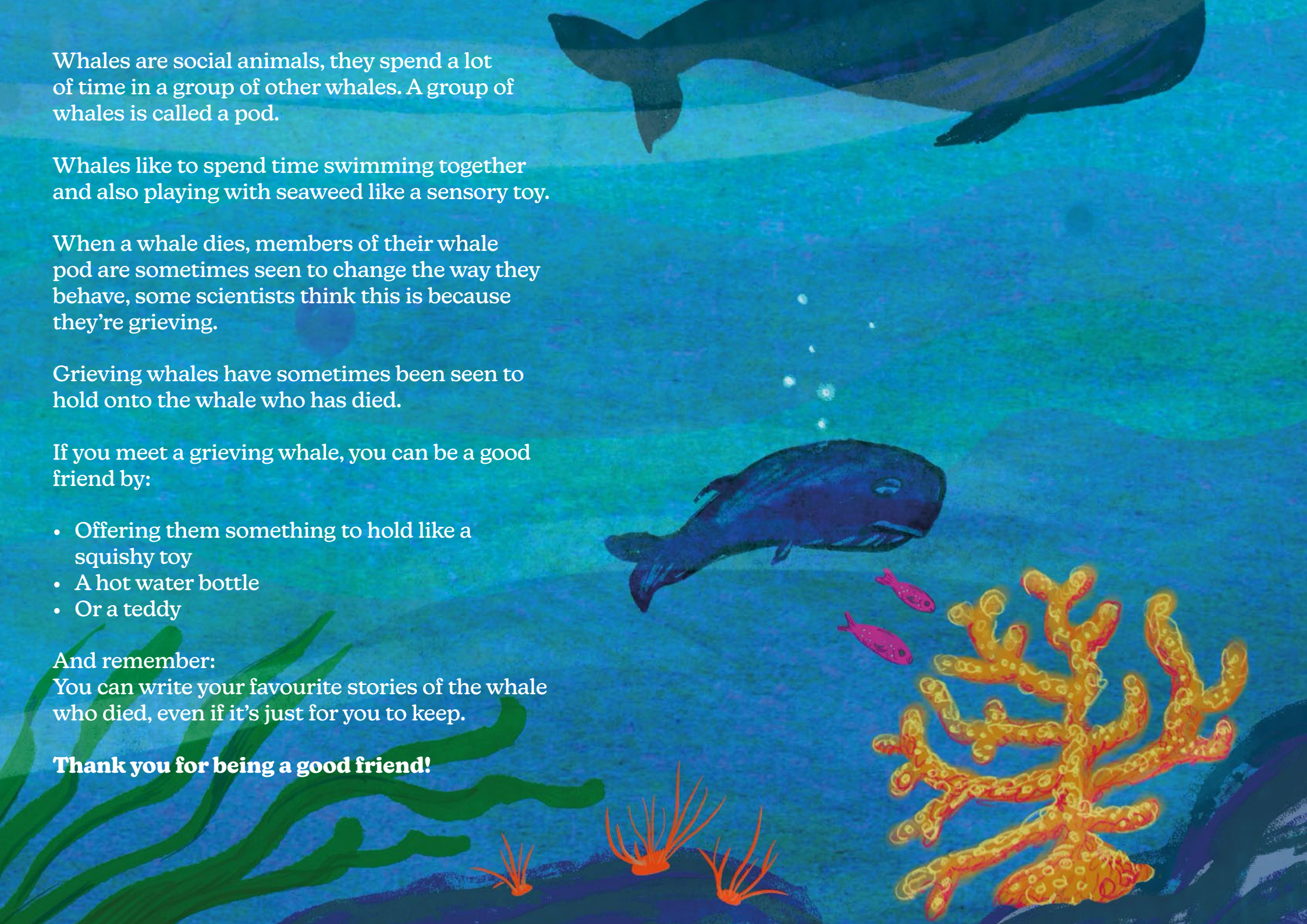
Grieving whales have sometimes been seen to hold onto the whale who has died.

If you meet a grieving whale, you can be a good friend by:

- Offering them something to hold like a squishy toy
- A hot water bottle
- Or a teddy

And remember:
You can write your favourite stories of the whale who died, even if it's just for you to keep.

Thank you for being a good friend!




"hello, grief help line?"
How to Look After a Grieving Giraffe!

Giraffes are social animals, they spend a lot of time in a group of other giraffes. A group of giraffes is called a herd.

Giraffes like to go for walks together and to eat together.

When a giraffe dies, members of their giraffe herd are sometimes seen to change the way they behave, some scientists think this is because they're grieving.

Grieving giraffes have been seen to gather around the giraffe who has died, a little like a funeral or a vigil.

If you meet a grieving giraffe, you can be a good friend by:

- Writing a nice message for them to find
- Spending time eating together
- Or dancing together

And remember:
It's easier to face challenges when we work together.

Thank you for being a good friend!




"hello, grief help line?"
How to Look After a Grieving Crow!

Crows are social animals, they spend a lot of time in a group of other crows. A group of crows is called a horde, or a murder!

Young crows like to play by collecting toys like nut shells and stones, and many adult crows collect food, hiding it away for later.

When a crow dies, members of their crow horde are sometimes seen to change the way they behave, some scientists think this is because they're grieving.

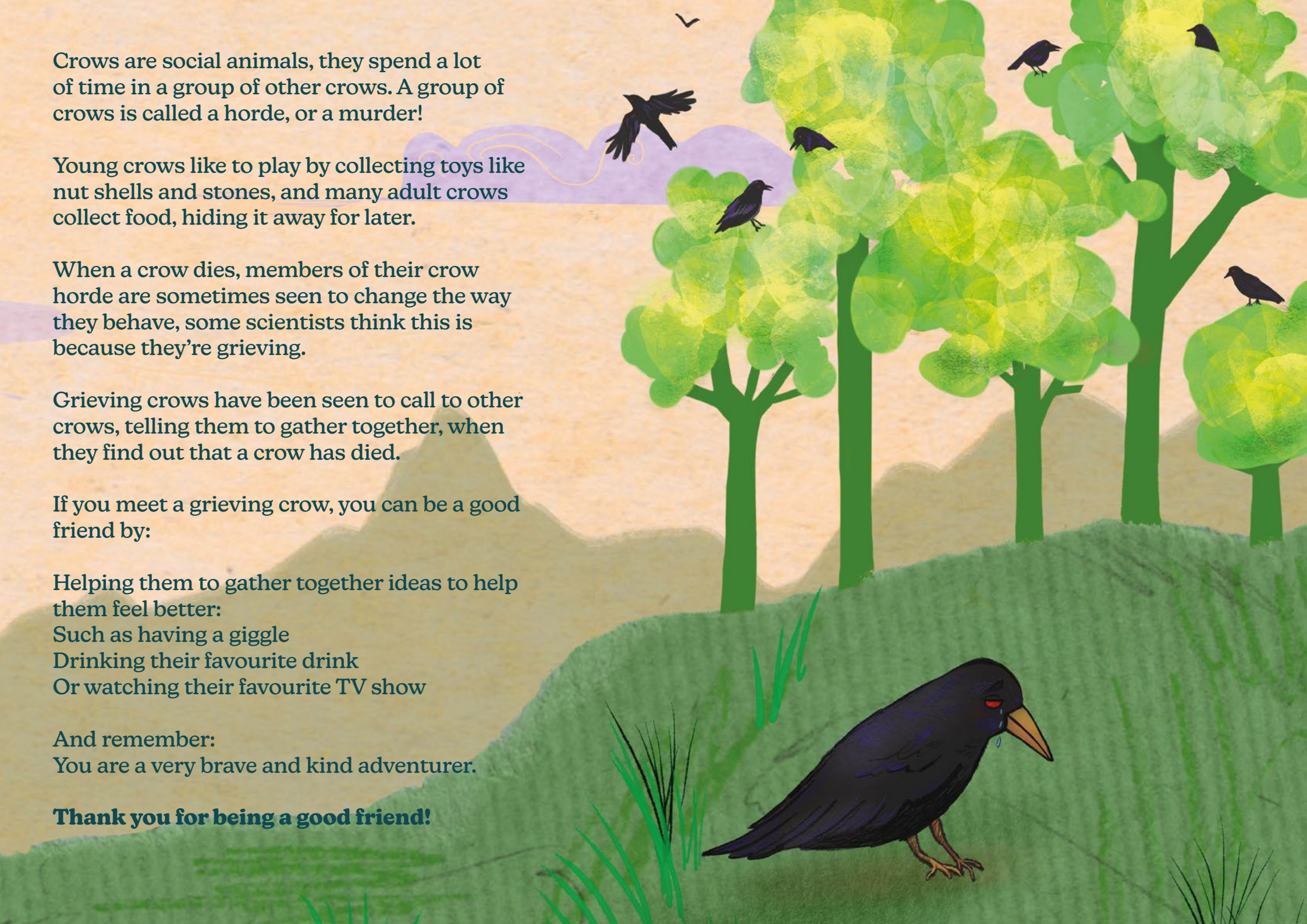
Grieving crows have been seen to call to other crows, telling them to gather together, when they find out that a crow has died.

If you meet a grieving crow, you can be a good friend by:

Helping them to gather together ideas to help them feel better:
Such as having a giggle
Drinking their favourite drink
Or watching their favourite TV show

And remember:
You are a very brave and kind adventurer.

Thank you for being a good friend!



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Illustrated by:
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and Johanna Wilson

Commissioned by:

heartofglass

wonderarts

heartofglass.org.uk
wonderarts.co.uk



Macy Lowry Cassells Lee

31st March 2000 – 17th August 2026

In memory of Macy Lowry Cassells Lee

Macy brought her extraordinary creativity, kindness, and care to this project. Through her beautiful illustrations, she helped bring the world of the Grieving Elephant and Other Social Animals to life, sharing her imagination and helping to tell a story about connection, compassion and looking after one another.

We are deeply honoured to share Macy's work and sincerely grateful for the love, creativity, and heart she gave to this project. Her illustrations will remain a beautiful part of this resource and a lasting reminder of her special contribution.

Macy's creativity touched this project in a way we will never forget. We hope that, through her work, a little of her light and kindness will continue to reach others and inspire us all to care for one another.

With love, and always remembered.

In partnership with:

Child Bereavement UK
REBUILDING LIVES TOGETHER

childbereavementuk.org

Willowbrook Hospice *Every Contact Counts*

willowbrook.org.uk

CREATIVE PEOPLE AND PLACES

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