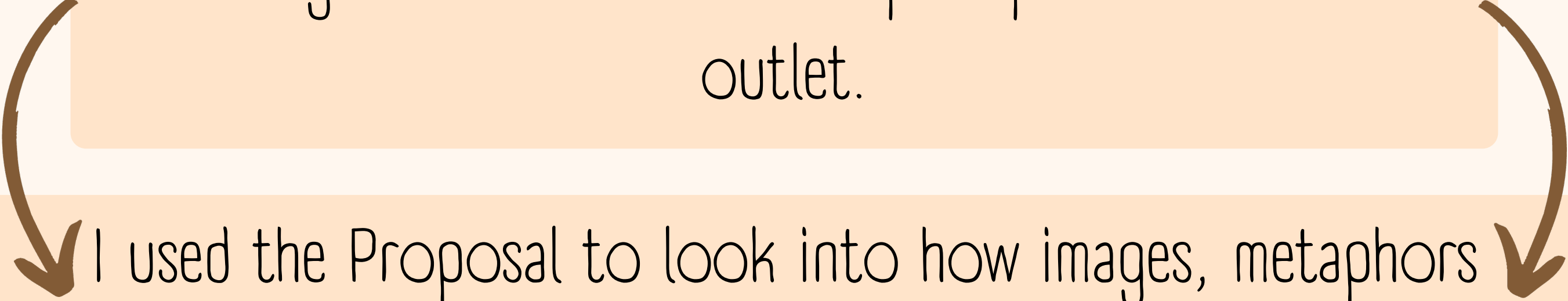




Proposal Research

What I did for my Proposal:

My proposal was on the topic of Grief and how using Guidebooks can help children understand grief. More specifically how illustrations can be more helpful by offering children conversation prompts and a creative outlet.



I used the Proposal to look into how images, metaphors and colours can all be beneficial in creating images appropriate for children going through a bereavement, this massively helped my Independent Project!

Guideline Proposal

Think of the Proposal as researching into what you want to work on in 3rd Year. Use this to get ready for 3rd Year and use it to inform your work, how you create pieces, use the research to your advantage! What artists do you like, what are the strong/weak things about their work? How would you tailor your work to fit what you want to do!

- What do you want to do?
- Where do you see your work?

Is there a gap in the market
relating to your work?

Guideline Independent Project

Not worth thinking too much about for now as you need the Proposal first, but still really important to consider! Whatever you do for your Proposal will “propose” what you plan to do for your Independent Project! Your work will need to be substantial enough to create your Independent Project which consists of:

- Extended Essay (5000 words)
- Practice Based Project (20 credits worth, think of how much work you created for Narrative Illustration/ Penguin)



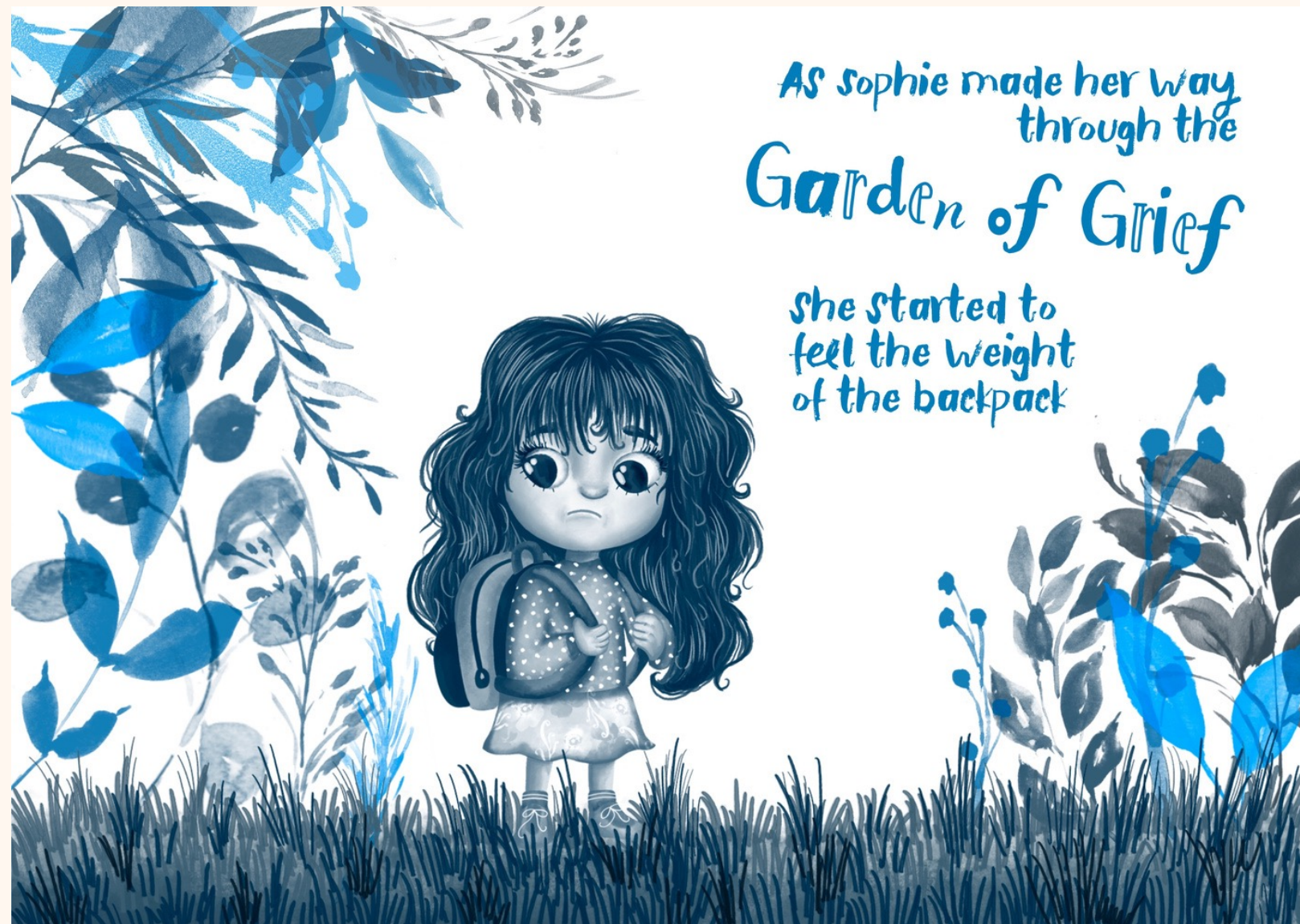
My Advice:

Do something you're passionate about!
Whether it's an experience you've had or a place you've visited, having a personal connection to your work will help motivate you!

Whatever you do for the Proposal, you'll end up doing something similar for your Independent Project and Graduate Portfolio, so make sure you're happy with it!

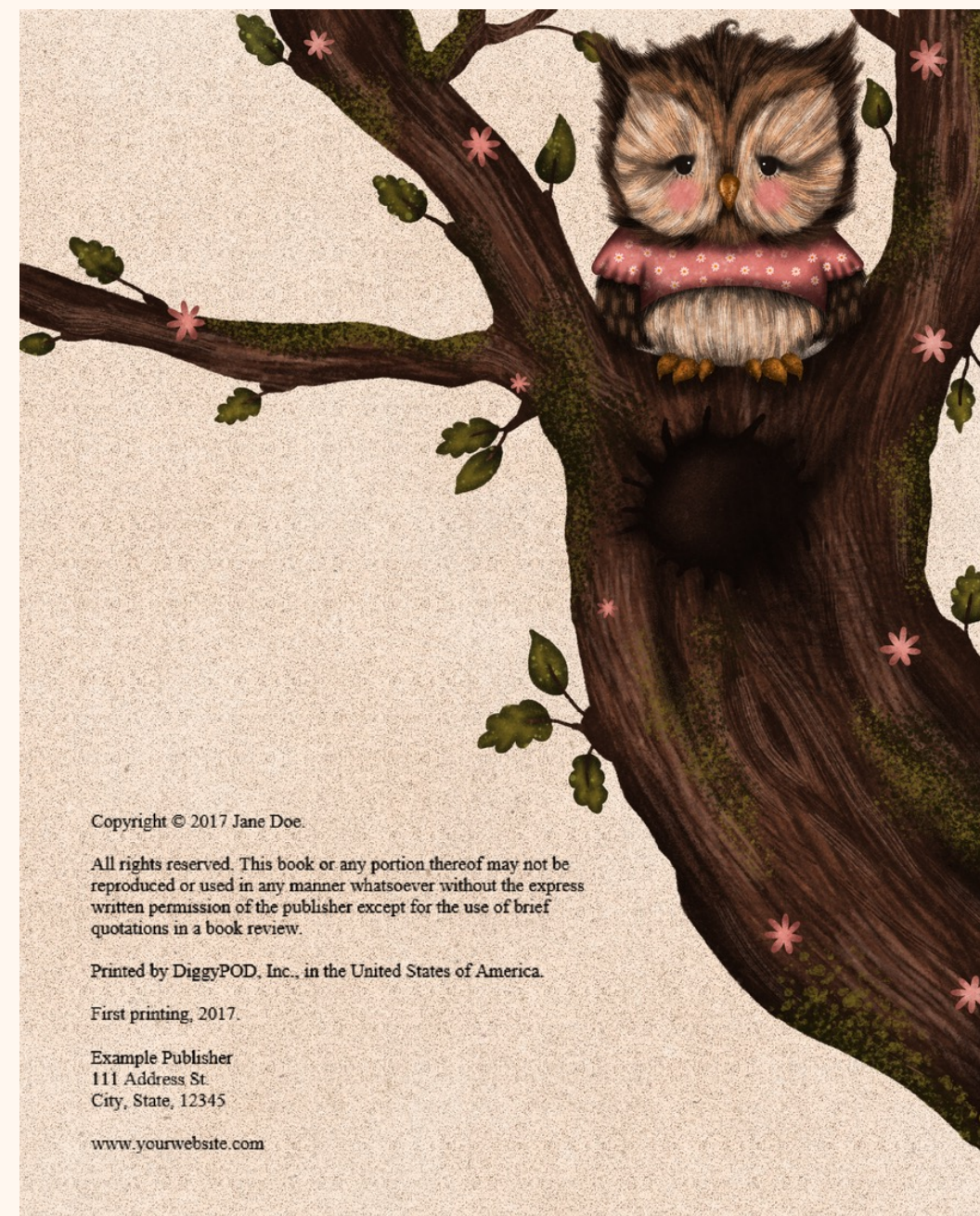
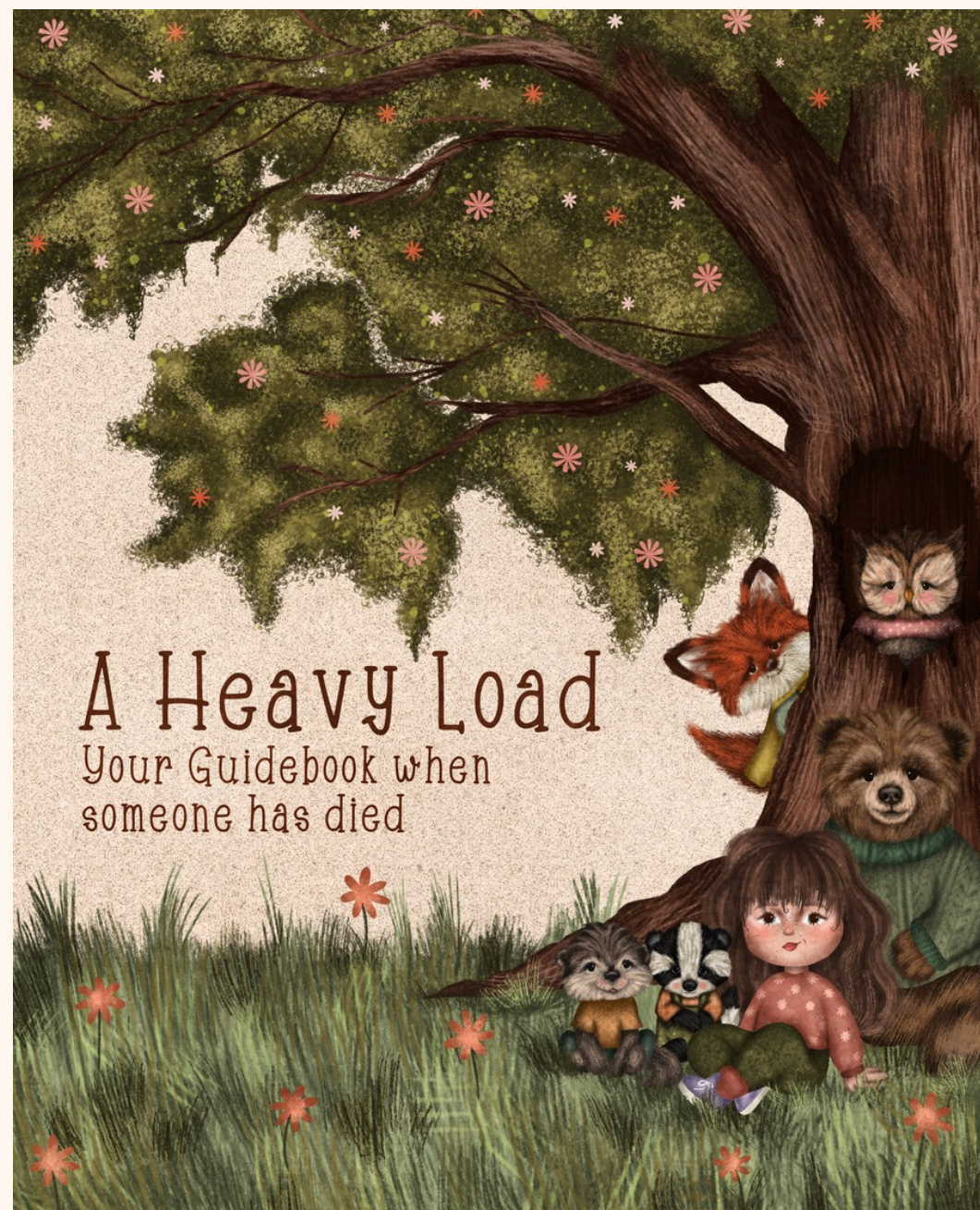
How it linked to my Independent Project:

My initial Work for my Proposal



How it linked to my Independent Project:

My Independent Project (Extended Essay) Work



My Current Work



How did I start my Research?

- Look at what work you want to do first!
- Do you have any personal experiences or something that you're passionate about?
Can you make that into a project?
- What artists/illustrators do you admire?
What sort of work do they produce?

Practice Ideas:

To go alongside the essay. Graduate Portfolio would be the picture book on grief.

- Memory Box kit
- One more minute star
- Paper Person Kit
- Worry Monster
- Worry Doll

Ideas from:

<https://www.childbereavementuk.org/worry-monster>

- Colouring book
- Drawing prompts
- Scream box
- Grief Pot
- Card Game (Childsworld / Childsplay The Talking Feeling & Doing Grief Card Game) but make more affordable
- Planting a flower/tree
- Letter Kit
- Guidebook for adults

Ideas from:

<https://www.myfarewelling.com/article/grief-activities-for-kids>

- First aid kit
- Button Tree
- Thankful Tree

What types of grief to look at:

- Parent
- Grandparent
- Pets
- Siblings
- Friends
- Sudden Death
- Young child
- Death from suicide

Grief Metaphors:

1. Ocean/Waves- waves of emotions come and go
2. Puzzle- missing piece, learn to live without it but never forget it
3. Guest in a room- joins the room but sits quietly, always there in the background
4. Book with torn pages- story continues regardless of the torn pages of what has happened
5. Garden of Loss- plant seeds of memories and watch them bloom or wither
6. Butterfly- journey is transformative, stages are difficult but the end comes with beauty and acceptance.
7. Ball in the box
8. The backpack

Keywords for Essay:

Expression	Reflection
Narrative	Normalization
Illustration	Therapeutic
Comfort	Safe Space
Memories	Grief
Communication	Guidance
Exploration	Emotions
Understanding	Empowerment
Resilience	Counselling
Empathy	Growth
Coping	Sensitivity
Connection	Playfulness
Support	Security
Imagination	Mindfulness
Healing	Validation
	Hope

Essay Picture Books/ Activity books to research:

- The Unworry Book
- When I'm Gone
- The heart and the bottle
- The invisible string
- Michael Rosens Sad book
- Grandads Island
- Always and Forever
- The Biggest thing of all
- Missing Mummy

How do I start research for Essays?

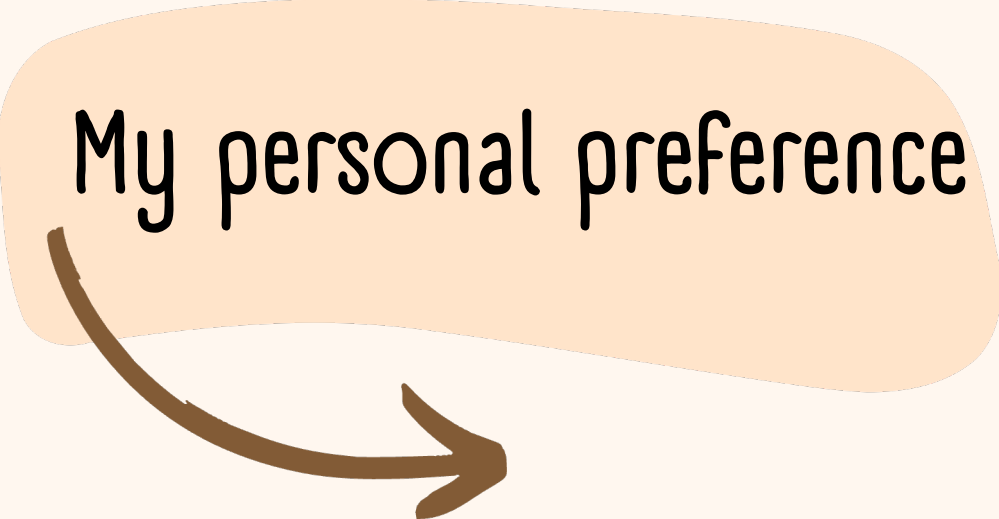
References First

Start finding quotes in books/journals/articles that you think will work well in your Proposal. Build your writing around this!

OR

Writing First

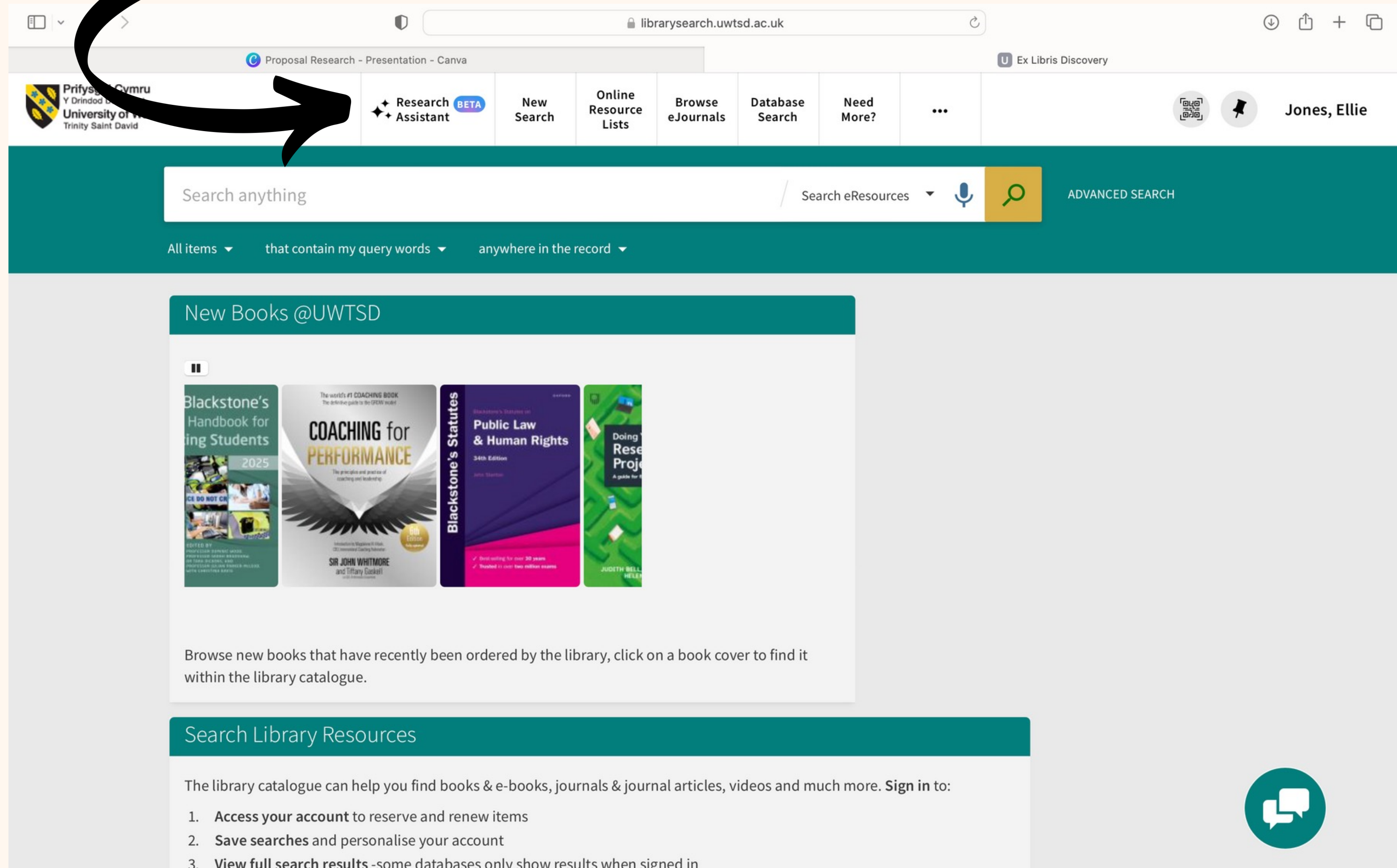
My personal preference



Start writing about your Proposal, what do you intend to do? Find references afterwards that support what you're saying!

Remember Ping Pong! You want your essay to play “ping pong” from quotations to writing so you're backing up what you say with academic research!

Research Tools



The screenshot shows the librarysearch.uwtsd.ac.uk website. A hand-drawn black arrow points from the title 'Research Tools' to the 'Research Assistant' button in the top navigation bar. The navigation bar includes links for 'Research Assistant BETA', 'New Search', 'Online Resource Lists', 'Browse eJournals', 'Database Search', and 'Need More?'. The user 'Jones, Ellie' is logged in. Below the navigation bar is a search bar with the placeholder 'Search anything' and a 'Search eResources' dropdown. Below the search bar are filters: 'All items', 'that contain my query words', and 'anywhere in the record'. The main content area features a section titled 'New Books @UWTSD' with a carousel of book covers: 'Blackstone's Handbook for Law Students 2025', 'COACHING for PERFORMANCE', 'Blackstone's Statutes Public Law & Human Rights 34th Edition', and 'Doing Research Projects'. Below the carousel is a text box that says: 'Browse new books that have recently been ordered by the library, click on a book cover to find it within the library catalogue.' At the bottom is a section titled 'Search Library Resources' with the text: 'The library catalogue can help you find books & e-books, journals & journal articles, videos and much more. Sign in to:' followed by a list of three points: 1. Access your account to reserve and renew items, 2. Save searches and personalise your account, 3. View full search results - some databases only show results when signed in.

librarysearch.uwtsd.ac.uk

Proposal Research - Presentation - Canva

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Prifysgol Cymru Y Drindod Dewi Sant University of Wales Trinity Saint David

Research Assistant BETA

New Search

Online Resource Lists

Browse eJournals

Database Search

Need More?

...

Jones, Ellie

Search anything

Search eResources

ADVANCED SEARCH

All items that contain my query words anywhere in the record

New Books @UWTSD

Blackstone's Handbook for Law Students 2025

COACHING for PERFORMANCE

Blackstone's Statutes Public Law & Human Rights 34th Edition

Doing Research Projects

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Research Assistant **BETA**

New Search

Online Resource Lists

Browse eJournals

Database Search

Need More?

...



Jones, Ellie

Primo Research Assistant **BETA**

Start a new topic

Research history

2024

how blue and cool toned colours reflect sadness in childrens picturebooks
(3 questions)

how does not using anthropomorphism in childrens picture books help understand human emotions

how colour works in childrens picture books
(3 questions)

how do picturebooks allow children to talk about their emotions
(3 questions)

how do visual metaphors in picturebooks help children with difficult subjects like grief
(8 questions)

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How can we improve diversity in Clinical Trials?





how do visual metaphors in picturebooks help children with difficult subjects like grief

Sources

- 1 JOURNAL ARTICLE

Summer's End and Sad Goodbyes: Children's Picturebooks About Death and Dying
Wiseman, Angela M. 2013
- 2 JOURNAL ARTICLE

Supporting Children Through Grief: A Content Analysis of Picturebooks About Death
Danielson, Katie et al. 2024
- 3 JOURNAL ARTICLE

What Are You Going Through?
Mareike Stoll 2023
- 4 JOURNAL ARTICLE

Grief in Picturebooks: An Evaluative Rubric
Von Drasek, Lisa 2016
- 5 DISSERTATION

Sover mamma der hun er nå?» : En studie av hvordan barns sorg framstilles i et utvalg norske, moderne bildebøker
Grønås, Gina 2019
- 

View more results from your library search

Overview of sources

Visual metaphors in picturebooks serve as significant tools for helping children navigate difficult subjects such as grief. These metaphors can provide a narrative-visual access to complex emotions and mental states that children may not yet fully understand through their own experiences. For instance, the picturebook "Sigrid och natten" employs visual elements like lighthouses, colors, and hands to convey themes of care and healing, thereby facilitating an understanding of social emotions such as love and grief³ The dialogical reading situation that picturebooks create allows caregivers to engage with children in discussions about these emotions, fostering emotional literacy³

Moreover, the illustrations and text in picturebooks can express and convey the aesthetic and emotional experience of loss, which is crucial for children as they process grief. Research indicates that picturebooks addressing death can support children's grief by providing relatable narratives that reflect their experiences and feelings¹ The integration of visual metaphors can help bridge the gap between abstract concepts of death and the concrete understanding that children are capable of developing, even at a young age²

Additionally, the use of metaphors in picturebooks can help mitigate the discomfort adults often feel when discussing death with children. By presenting death in a manner that is accessible and relatable, picturebooks can encourage open conversations about loss, thereby addressing the gaps in how death is portrayed and discussed in literature for young audiences²

In conclusion, visual metaphors in picturebooks play a vital role in assisting children with the challenging subject of grief by making complex emotions tangible and facilitating meaningful discussions between children and caregivers.