

Objective

Students will identify what they're grieving over and how adults can support them.

Materials

- What's Your Grief? handout, one per student
- How Can We Help? handout, one per small group



Bold—Teacher's script

Italics—Anticipated student responses

Why This Matters Now

Students are grieving the loss of many things right now, including normalcy. They may be overwhelmed by sadness. Naming things they've lost and aren't likely to get back can help them let those things go and move on. Identifying ways adults can support them gives them a sense of control over their recovery process and cues adults about how to help.

Activity Instructions (25–30 min.)

1. Introduce the activity. **Recent events changed everything for every one of us. Our lives are different now, and it's okay to feel sad about it. In fact, it's normal to grieve about what you've lost. Naming what you've lost can help you let it go so you can move on. So today you're going to take some time to reflect privately about what you've lost recently or what's different in your life now. Then, in groups, you'll list what you need or want from the adults around you to support you going forward. I'll be sharing your lists with other staff to help us figure out the best ways to support you.**
2. Distribute the What's Your Grief? handout and go over it together. Ask students if they have any questions, then let them get started.
3. Give students 5–10 minutes to complete the handout. Circulate and assist as needed. If students request more time, that's okay. You can do the group work another day.
4. Introduce group work. If group work isn't possible, students can complete the handouts individually. **You've had some time to reflect on what you've lost or what's changed. Now you're going to work with your peers to develop a list of ways I and the other adults at this school can support you.**
 - **Step 1:** Divide the class into groups of three or four. Give each group a copy of the How Can We Help? Handout. If group work isn't possible, have students fill out the handout individually.
 - **Step 2:** Have groups think of ways the adults at your school can support them. Have one member of each group record the group's list on the handout.
 - **Step 3:** Give students 10 minutes to work on their list. Circulate and assist as needed.
 - **Step 4:** Discuss students' lists as a class. Invite students to share their ideas. Point out similarities and differences.
5. Reinforce. **I'll share your lists with my teaching team. Next time, I'll tell you what we'll do to address the things on your lists.** Be sure to follow up with students about how you and your teaching team can respond to their requests.

Remote Adaptation

- Do the list-generation activity with students when you meet remotely.
- **Before the activity:** Email students the What's Your Grief handout, or post it on your learning platform. Have students complete the activity individually. If students can't print the handout, have them write their responses on a sheet of paper.
- **During the activity:** If the feature is available in your meeting platform, use breakout rooms to group students. Have them record their lists on Google docs or another cloud-based application they can all see. Have students send you links to their completed lists.

Please Give Us Feedback

After you've tried out this activity, help us make a better product for educators by taking a quick survey. Access the survey by visiting the link, or scan the QR code with your phone's camera. <https://tinyurl.com/yyxz92fr>





Name: _____

Date: _____

What's Your Grief?

Instructions: Answer the questions below.

1. Think about what's changed from before the event. What's missing from your daily life? What's different? Write everything you can think of below.

2. How do you feel about the losses you described above? All feelings are okay. Everyone grieves differently.

3. Pick one thing you wrote about in Question 1 and describe what it might feel like to let go of the sadness or other feelings you have about it.

How Can We Help?

Instructions: The adults at school are here to help you, but we need your advice about what supports you want or need the most. Work with your group to make a list of what you need or want from the adults at school. Be specific, and add lots of detail. The more we know, the better we can help you!

Here's what we want or need to learn, thrive, and succeed at school while we recover:

[illegible]