



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]