

## School Grief Group Curriculum for Elementary Schools

**Session 1-** This introductory session focuses on helping the children get to know each other and the facilitators. Students are engaged in discussion about grief: its definition, causes, manifestations and duration. Students also share the loss that brings them to the group.

**Session 2-** Students continue getting to know one another and the facilitators. They are instructed to get creative and make a picture collage about their person that died.

**Session 3-** Students will enjoy story time (from a grief related book) and a discussion about what it means when we say someone has died. This gives the students a chance to ask those questions they haven't been able to.

**Session 4-** Students will get a chance to get creative and do a craft in honor of their special person. This not only introduces the conversation about honoring but also gives them ideas on ways they can use creativity to process their feelings.

**Session 5-** Students bring a "special memory item" in honor of their loved one who died. We discuss the importance of honoring and hold a "Sharing Time" as a group, giving each student the opportunity to talk about his or her special memory item.

**Session 6-** Students are invited on a field trip to come visit one of Hamilton's funeral home locations for an educational tour.

