School Grief Group Curriculum

**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 draw their most significant loss and begin sharing their pictures.

**Session 3** - Students complete a “My Story” activity, where they have the opportunity to write about their loss experience and share with the group. This opens up for great discussion on anger, which is a gateway to session 4’s topic.

**Session 4** - Students will get a chance to get creative and do a project in honor of their special person to take home with them. 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 are engaged in conversation about anger and together, develop a list of “Things That Help Me on Really Tough Days” which is compiled, printed, and distributed to students. Students are also instructed in advance to 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.