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 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.

**Session 5** - Students are 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.