



ACADEMY of Grief & Loss
INFORMATION
RESOURCES
EDUCATION
SUPPORT

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.

