

## Activity for Fourth-Eighth Graders

**Objective:** For students to understand that grief is a normal response to any loss.

**Time:** 20-30 minutes

**Preparation:** Print out the KIDS Grief Rights for each student



### **Lesson Plan:**

1. Introduce the word loss. Write the word on the board and ask students to share what types of things they lose or have lost. Ex. a game, having to change schools, parents going through a divorce, a competition, a friend, a home if they had to move, a pet, a person who may have died etc. Do not make suggestions, but allow them to offer ideas.
2. Then write the word grief on the board. Ask the students if they know what this word means. Explain that grief is all the feelings we have when we lose something or someone: sad, mad, scared and happy.
3. Ask them to share about a character in a T.V. show, book or movie that experienced grief. Ask them to describe how people responded to that character.
4. Explain that grief is normal. Ask the group to raise their hands if they have ever felt grief. If you are comfortable, it would be appropriate here to briefly share a loss you may have experienced when you were their age.
5. Read the My Grief Rights for Kids. Remind the students that it is similar to the Bill of Rights that was written at the beginning of the United States. Discuss what a school classroom, a family, a sport's team or a group of friends would be like if people lived by the Grief Bill of Rights.
6. Ask the class what they think happens if people hold in their feelings of grief.
7. Ask the class what they could do to help classmates when they are grieving.
8. What are the things we don't have right to do when we are grieving? Ex. act out those feelings in a way that I would hurt someone else.
9. Go to [www.childrensgriefawarenessday.org](http://www.childrensgriefawarenessday.org) for more information about Children's Grief Awareness Day.



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## **My Grief Rights for KIDS**

1. I HAVE THE RIGHT TO MY FEELINGS OF GRIEF: HAPPY, SAD, MAD OR SCARED.
2. I HAVE THE RIGHT TO TALK ABOUT THOSE FEELINGS WHEN I WANT TO AND NOT TO TALK ABOUT MY FEELINGS WHEN I DON'T WANT TO.
3. I HAVE THE RIGHT TO HAVE MIXED FEELINGS ABOUT THE LOSS. I MIGHT FEEL MAD AND SCARED OR HAPPY AND SAD.
4. I HAVE THE RIGHT TO TALK ABOUT WHO OR WHAT I HAVE LOST.
5. I HAVE THE RIGHT TO BE UPSET OVER LITTLE THINGS.
6. I HAVE THE RIGHT TO ASK QUESTIONS ABOUT WHY THE LOSS HAPPENED.
7. I HAVE THE RIGHT TO FEEL LIKE LIFE ISN'T FAIR.
8. I HAVE THE RIGHT TO BE A KID AND NOT ACT LIKE AN ADULT.
9. I HAVE THE RIGHT TO NEED HELP FROM OTHERS.
10. I HAVE THE RIGHT TO PLAY AND HAVE FUN AND STILL HAVE FEELINGS OF GRIEF.