

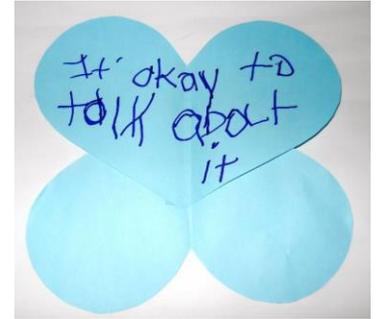
Children's Grief Awareness Day

Activity for K-3

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

Time: 20-30 minutes

Preparation: 1) Cut out two blue hearts for every student. 2) Draw the outline of two overlapping hearts on the board like the image on the top right of this page.



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.
3. Explain that feelings are information about what something meant to us. Ask students if they know the four main feelings: sad, mad, scared and happy. Write them on the board. We can have all of those feelings when we have a loss.
4. Say to the class, "I wonder what someone could do if they had a sad, scared or mad feeling." If not one comes up with it, explain that students can talk to someone about those feelings.
5. Pass out two hearts to each student. Explain that grief is something to be shared from heart to heart. We need other people to help us with grief.
6. Have them glue/paste the two hearts together so they look like a butterfly. The blue butterfly is the symbol of Children's Grief Awareness Day.
7. One heart is them and the other heart is all the people they could talk to when they have grief. Have students write their name (or draw a picture of themselves) on one heart and the names (or draw pictures of) all the people that could help them with grief.
8. For 2nd and 3rd graders, they could write each feeling on each wing of the reverse side of the butterfly.
9. Visit www.childrensgriefawarenessday.org for more information about Children's Grief Awareness Day.