

Group Counseling - Grade K-8
Content Area: Grief / Loss
Time Period: 6-8 weeks (longer if needed)

Essential Questions:

- What is grief?
- What are the stages of grief?
- Why is it important to understand what stage we are in?
- How do I grieve?
- How can we honor the memories of our loved ones?

Big Ideas: Students will learn about grief and what the grief process is like through conversations and activities. Students can demonstrate understanding of these concepts by:

- Recognizing grief looks different for everyone and there is no right or wrong way to grieve.
- Developing coping strategies for managing their grief.
- Identifying their support systems.
- Developing ways to honor their loved ones memory.
- Understanding that life is a cycle and can sometimes be a lifelong process.

SEL Competencies:

-Self-Awareness: Recognize one's feelings and thoughts

-Self-Management: Understand and practice strategies for managing one's own emotions, thoughts, and behaviors

**Always hold the first 1-2 group sessions as ice breakers / getting to know you, and group rules review.

Unit 1: Introduction to Grief:

- Discuss what it means to grieve
 - Emphasizing it looks different for everyone
- Explore the 5 stages of grief and identify what stage we are currently in
- Identify support systems

Unit 2: Letter to My Loved one:

- Writing a letter to their loved ones
- Sharing about their loved ones with the group if comfortable

Unit 3: Exploring Emotions:

- Refresher on the stages of grief
- Discuss all emotions brought on by grief
- What are those emotions telling us?
- What do these emotions look like for us?

Unit 4: Self care and coping skills:

- Discussing what self care is and why it is important to care for ourselves
 - What is your self care routine?
- Tying coping skills into self care routines
- Exploring coping skills we can use during our grief journey

Unit 5: Memories:

- Discussing how to honor loved ones memories
 - Memory jars, memory books,
- Do you choose to recognize anniversaries and birthdays?
 - If so, how can you do so in a healthy way?

Unit 6: Wrap up:

- Wrap up the group, engage in a fun game or activity and remind students of the supports they have going forward.