



## Inventory of Grief-Related Activities for Your Classroom Kindergarten to Grade 6

The aim of the *Grief in the Classroom* project is to provide teachers with basic building blocks to enhance their capacity to work with the grief and loss present in their classrooms. The loss will arrive through the predictable transitions and events of children living their daily lives, or through unpredictable, unforeseen events such as serious illness, death, and trauma.

We also appreciate that classrooms are a busy place. In offering these resources, our intention is to enhance the activities that are already happening in classrooms, making them more *grief-informed* and therefore more inclusive for all students (and teachers too!)

Below is a list of grief-informed activities, designed for different grades, that could be used to facilitate conversations about grief and loss. Facilitation guides for these activities can be found on the Lumara website. There you will also find additional resources for deeper understanding of what a child might grieve and how that grief might show up in the classroom.

| Age/Grade    | Brief Description   |
|--------------|---|
| Kindergarten | <b>Mindful Music Breathing</b><br>Simple activity in which each individual participant will focus on their own breath. Overall theme of mindfulness: some education for younger kids about how the brain works and how breath is connected to our decisions and emotions. ( <i>Grief-informed</i> )         |
|              | <b>Memory Boxes - Sesame Street</b><br>Create a physical container as a safe space for holding kids' special memories/meaningful items. This memory box can be created for someone who has died, or even to help kids who are having a tough time with moving homes or schools. ( <i>Grief-focused</i> )    |
| Grades 1 - 2 | <b>Foods with Moods</b><br>The theme for this activity is to speak about emotions and how we process them and hold onto them. "Foods with Moods" is a picture book that identifies common emotions and speaks to how people fluctuate between moods or feelings. ( <i>Grief-informed or Grief-focused</i> ) |

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|--------------|--|
|              | <p><b>Growing Garden</b></p> <p>Each child will create their own garden: a garden is a beautiful metaphor of life cycles, change, and growth. In explaining the activity, the facilitator can offer optional directions of how each child would like to work in this metaphor. <i>(Grief-informed or Grief-focused)</i></p>  |
| Grades 3 - 4 | <p><b>Grief Waves</b></p> <p>Reading the book <i>One Wave at a Time</i>, will be the starting point to open some class discussion about what grief can feel like. This activity will lead into another that will further explore ‘grief waves’. <i>(Grief-focused)</i></p>   |
|              | <p><b>Wave Catchers</b></p> <p>This activity is designed to follow the <i>Grief Waves</i> activity. This art-based activity is an opportunity for kids to further explore what waves of grief might mean to them, and to create a container and calming tool to help them through any bouts of grief waves. <i>(Grief-focused)</i></p>   |
| Grades 5 - 6 | <p><b>Name-A-Tune</b></p> <p>This is a ‘game show’ like activity where kids will work in teams to try and name as many songs that include a specific word in the lyrics of the song. The facilitator will have a list of keywords that relate to grief and loss; each word will be considered a ‘round’ of the game. There is an opportunity to have a discussion about grief, and the related emotion/word of the round, at the end of each round. <i>(Grief-informed or Grief-focused)</i></p> |
|              | <p><b>Inside/Outside Books</b></p> <p>Create booklets/cards/boxes/ any content in which there is an “inside” and an “outside” (this could even be simplified to a piece of paper, inside on one side and outside on the other). Basic theme working here is self-reflection and what is presented/seen to the outside world, and what is kept private/not seen by others. <i>(Grief-informed or Grief-focused)</i></p>   |

Lumara Grief & Bereavement Care Society is a charitable organization that helps children, youth, adults & families cope with serious illness, grief, and bereavement. Through education, support, and counselling services we bring light to grief and sorrow, nurturing healing, and hope within the strength of community. We also provide educational services to organizations and institutions.

<https://lumarasociety.org/> or contact [info@lumarasociety.org](mailto:info@lumarasociety.org)