

WHAT CAN HELP WITH GRIEF?

Work in pairs or small groups.

How many ideas can you find for each area of this grid.

Things someone can do to look after themselves

Things someone could do to remember someone who has died

Things someone can do to support a friend who has been bereaved

Things school could do to support someone who has been bereaved

Extension

Read back through your grid. Which of these strategies could be used to manage other difficult feelings? List them below.

Reflect on what you could do to develop these strategies to support yourself and your friends.
