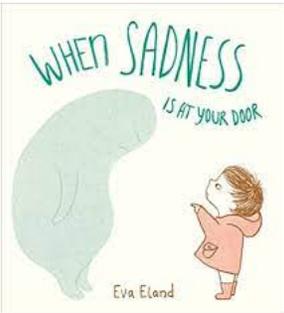
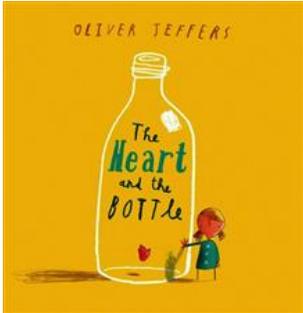
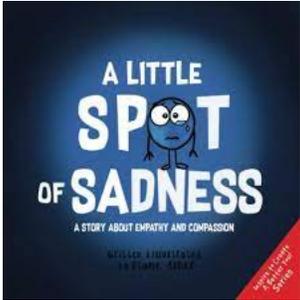


Activities to Help Children Process Loss or Trauma

- Create a “mailbox” or jar where children can write (or draw) any questions/comments/feelings they are having on a piece of paper. This piece of paper gets put into the box and discussed as a family, or at a classroom meeting that happens at the same time each day/week (etc.). Children may choose to leave notes in the mailbox anonymously.
- Create a memory garden. Print any flower template with a large center. In the center write the name or draw a picture of the person they’re honoring. In each flower petal, write something special about the person, memory you have, or if they did not know the person well decorate the petals to make them beautiful while they think of well wishes.
- Have your child complete a drawing of what they’re feeling. For younger children, challenge them to relate colors and temperatures to the emotions they drew. Ask them if the emotions they drew are closer to heat or coldness. Does their grief make them think of purple, red, black, gray, or some other color? For older children, challenge them to consider how grief relates to nature or the weather. Does the image of grief they drew have something in common with an earthquake, a snowstorm, or a hurricane? Would they compare it to a natural environment such as a desert, a jungle, a mountain, or a tundra? Have children use the connections between nature and the weather to further describe their drawings about grief.

Media Resources for Coping with Sadness:

<p style="text-align: center;">Read Aloud <i>When Sadness is at Your Door</i> By: Eva Eland</p>  <p>Book about feeling sad and processing sad feelings.</p> <p>YouTube Link: Length 2:01</p>	<p style="text-align: center;">Read Aloud <i>The Heart and the Bottle</i> By: Oliver Jeffers</p>  <p>Book about not bottling up your emotions when you feel sad.</p> <p>YouTube Link: Length 3:30</p>	<p style="text-align: center;">Read Aloud A Little Spot of Sadness By: Diane Alber</p>  <p>Book about Recognizing Sadness and how to help ourselves and others process sadness.</p> <p>YouTube Link: Length 4:52</p>
<p>Animated Video Upper Elementary: Feeling Sad Encouraging kids to express their feelings. Length: 4:14</p>		

Additional Resources:

[Coalition to Support Grieving Students](#) – Resources for school staff on supporting students through grief

[Children’s Bereavement Center](#) – Tips for Talking with Children about Loss or Crisis

[National Association of School Psychologists](#) – Brief Facts and Tips for Addressing Grief

[Valerie’s House](#) – Book list to help students who are grieving