Group at a glance

Eight weekly sessions that build on each other

Week	Session	Goal	Date planned
1	**Welcome, a safe place to share**	Students meet the group, build agreements and learn that everyone here has lost someone important, so they are not alone.	
2	**What is grief?**	Students learn honest words for death and that grief is a normal reaction to losing someone, with no right way to feel.	
3	**All my feelings are okay**	Students name the many feelings that come with grief, including mixed and surprising ones, and notice where they feel them in their body.	
4	**My story**	Students tell the story of their loss in their own way and at their own pace, with the group as kind listeners.	
5	**Keeping memories**	Students collect special memories of their person and learn that remembering is a way to stay connected.	
6	**Coping with big waves**	Students learn and try healthy coping tools for big grief waves and choose their favorites.	
7	**Changes and my support circle**	Students talk about what has changed since their loss, what stayed the same and who they can lean on.	
8	**Carrying love forward**	Students build a personal grief toolkit, write a note to their person, reflect on their growth and celebrate.	

Group members

Day, time and place

Session flow

Opener 5 min, teach 10 min, practice 15 min, wrap up 5 min.

Practice every week

Start each session with the feelings weather check in.

Praise specifically

Name what you saw: You were a kind listener.

Name _____ Date _____

Session 1: Welcome, a safe place to share

Lesson plan for the group leader

Goal

Students meet the group, build agreements and learn that everyone here has lost someone important, so they are not alone.

Materials

Group agreements page, pre group check, markers, a soft ball or beanbag

Opener 5 min	Toss the ball. The catcher says their name and one favorite thing (a food, a game or an animal).
Teach 10 min	Explain the group: a place for kids who have had someone they love die, to talk, remember and learn ways to feel a little better. Say clearly that every person in the group has had a loss, so others here may understand. Sharing is always a choice and it is okay to pass. Build agreements together (listen, be kind, keep it private unless someone is not safe, it is okay to pass, all feelings are welcome).
Practice 15 min	Students fill in the About me page and, if they want, write or draw the person or pet they are missing. Invite each student to say only the name of their person, or to pass.
Wrap up 5 min	Each student signs the agreements. Complete the pre group check. Close with one slow balloon breath together.
Take home	Tell a grown up at home one thing you did in group today.

What I noticed (skills, needs, who to praise)

Follow up or adjustments for next week

Name _____ Date _____

Session 1: Welcome

A safe place to share. Let's get to know each other

My name

A name I like to be called

Three things I love to do

Something that helps me feel calm or happy

Everyone in this group has lost someone they love.
Here, I am not alone.

The person or pet I am missing (write or draw, only if I want to)

How heavy my heart feels this week

1 2 3 4 5 6 7 8 9 10

One thing I hope group helps me with

L&T

Lotus & Tulip

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Grief Group Curriculum for Students: Remembering Together Small Group

Printable PDF, 25 pages: 8 sessions, each with a one page lesson plan and a matching student page, plus a family permission letter, group agreements and a pre and post skills check

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