

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY LIST

SOCIAL SKILL: COPING WITH GRIEF

CASEL COMPETENCY: SELF-MANAGEMENT

Grade Levels	Prep Time	Activity Time	Materials	Activity Description
3-6	0-5 min	<30 min	Emotions written on strips of paper, envelopes, multiple colors of 8x10 paper, magazines, scissors, glue	<p>4 Square Feelings</p> <p>Prior to starting the activity, select feelings you would like to focus on as a group. For the purposes of this social/emotional skill choose feelings that may arise during the grief process ex. fear, worry, guilt and anger. Have the children split up into the same number of groups as the number of feelings you want to include in the activity. Write the feelings down and place them in an envelope.</p> <p>Have one student from each group choose an envelope and pull out the feeling and read it to the class. Then have each group pick a color of paper they feel best represents the feeling they received. Then instruct the students to fold their paper into four squares. In the first quadrant, have the children write down five synonyms for the feeling. Help the students by walking around and discussing ideas with them. In the second quadrant, have the children cut out words or pictures from magazines that represent the feeling. In the third quadrant, have them write five scenarios in which a person might experience this feeling. In the fourth quadrant, have the students write at least five movies, tv shows, or songs that have the feeling in the title. You may have to help the students by googling some titles. Once every group is finished, come together as a class and have each group explain their paper. Encourage any additional ideas about how each feeling relates to the grief process. Discuss why it is important to acknowledge our feelings when we are grieving.</p>
3-6	0-5 min	<15 min	If using with one or two students, only need one set of banagram game/scrabble tiles. If working with entire class, may need several sets	<p>Grief Words</p> <p>Inform the students that they are going to be forming words from their tiles. Let them know that the words can connect (like a crossword) but they don't have to connect. Also, make sure to tell them that they are not getting checked for spelling.</p> <p>Tell the students that they will be creating words based on grief. Have the students go through different sets of topics i.e. words that remind you of grief, things that help you when you are grieving, anything positive that can come from grief. As you are going through each topic, make sure you are discussing with the students what each topic means and help them understand the importance of talking about feelings, especially grief.</p>

K-6	0-5 min	<30 min	Candles (enough for the number of students you are working with), markers, glue, paint, glitter, other decorations	<p>Make A Candle Have each student decorate a candle to memorialize the person they lost. Discuss the importance of remembering loved ones we have lost with kindness and love. Discuss the importance of finding hope. Discuss the symbolism of lighting a candle for our loved ones to always remember them, and that they also give us light when we remember them, even though they are gone.</p>
3-6	10-15 min	<45 min	Several colors of ribbon, clear ornaments (the type you can open), thin strips of paper (any color), beads, stars, glitter (or other shiny objects), markers, pens, colored pencils	<p>Grief Ornaments Cut all ribbon into six inch segments. Discuss as a class what emotions you feel when you lose someone. Some examples may be sad, lonely, scared, love, yearning, anger, etc. Assign each color of ribbon to a different emotion and lay them out on a table with labels for each color. Lay out the shiny objects and label them as memories. Explain to the children that they should fill their ornament with the different emotions they feel when they/ or if they lose someone. Explain that the shiny objects are memories. Encourage the children to think about happy memories they have with the person they lost. Have them put the shiny objects inside the ornament. Then tell the children to write something on the strips of paper that they would like to say to the person they lost. Then close up the ornament and tie a ribbon around it. Encourage the children to notice and appreciate their ornament, and all the memories they have with the person they lost.</p>