

## Student Worksheet – Class 1 – Experiences of loss & grief and responses to it.

### Experiences of Loss and Grief

 <p><b>What are the losses that you as young people and others in the community have experienced during Covid-19?</b></p>	 <p><b>What are the everyday and life events that bring up a sense of loss and grief for people?</b></p>
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## Some responses to grief and loss



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Personal/Emotional	Social	Physical

### Video Clip *'Hope In Grief'*

The young people tell of their very personal stories of loss and grief. It may be difficult to hear such stories and that's ok.  
Write down some of the things that the young people said worked to help them get through their loss and grief.



<p><b>What helped these young people to deal with their loss?</b></p>	<p><b>Can you think of other things that might help?</b></p>
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Reflection Sheet

3 things I learned today



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3 things I am grateful for today



• I am grateful for...

• I am grateful for...

• I am grateful for...

3 reasons to smile today



\_\_\_\_\_



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