

FACING LIFE'S CHALLENGES

FACING DEATH

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, create and achieve goals, maintain relationships, learn how to feel empathy, and make good decisions. The SEL approach will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

BEFORE READING

Talk to the reader about death. Explain that everyone grieves the loss of a loved one differently.

Discuss: What does death mean to you? How do you feel when someone you love is gone? Can you name the different emotions?

AFTER READING

Talk to the reader about the different stages of grief.

Discuss: What emotions do you feel when someone you love dies? How do you work through them?

SEL GOAL

Some students may struggle with sadness related to the death of a loved one. Help readers develop a vocabulary to voice their feelings. Help them learn to stop and think about their emotions and how to process them. Have students divide into small groups. Within their groups, have them talk about different emotions. Have any of them dealt with the loss of a loved one? What emotions did they feel? What did they do to feel better?

GOALS AND TOOLS

GROW WITH GOALS

Death is a difficult thing to process. Here are a few things you can try after someone has died.

Goal: Think about what you are feeling. Name the emotions as you experience them. You may feel angry, sad, guilty, or scared.

Goal: Talk to a friend or adult about what you are feeling. You are not alone. It helps to know that other people experience many emotions about a loved one dying.

Goal: Start a journal. Draw or write how you are feeling each day. Fill the journal with memories of your loved one.

MINDFULNESS EXERCISE

Death can cause a lot of emotions. When you are feeling overwhelmed or need to take a moment, practicing mindfulness and breathing can help.

- Make a fist with each hand.
- Take a deep breath in.
- As you exhale, unfurl one finger. Start with the thumb of one hand.
- Pause and inhale.
- For each breath, unfurl another finger.
- Continue until you have two palms open in your lap.



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