



Grieving Student Support Plan

Student's name: _____

Date: _____

Form completed by: _____

After a death of a significant person, going back to school can be challenging. Often, there are many emotions and thoughts that can make school difficult. The purpose of this form is to help the student communicate their needs and what they would find helpful when at school. Having the student fill this form out with teachers or school administrators, along with their parent or guardian can create a plan that will provide the most effective support to the grieving student.

It is often helpful to the student returning to school to communicate what they want their classmates to know about the death. Here are some questions to consider:

What information would the student prefer the school to share about their person's death?

How would the student like people to act towards them (give hugs, still make jokes, leave them alone, etc.)? Does the student want people to acknowledge the death or not bring it up?

When someone is grieving, they may experience a grief wave. Grief waves can be overwhelming and can impact the student's ability to concentrate on schoolwork, complete activities, etc. Grief waves can occur when a student thinks about their person or is triggered by something that occurs in school.

List potential triggers the student may have (class activities about families or special people, activities related to specific holidays, activities a student completed with the person who died, etc.).

A: _____

B: _____

C: _____

List important dates that could cause a grief wave (date of death, birthday of person who died, etc.):

A: _____

B: _____

C: _____

How can the student alert the teacher when they are triggered or experiencing a grief wave (placing a specific item on their desk, providing a note to the teacher, etc.)?

What can the student do when they are triggered or experiencing a grief wave to help them manage their emotions (talk to a specific person/people, go to a specific location and listening to calming music, engage in specific relaxation techniques, etc.) and for how long is the student allowed to participate in each activity (10 min. in the nurses room to listen to music)?

A: _____

B: _____

C: _____

Actions the teacher can take to assist the student (offer to talk to the student if the student wishes to discuss what is going on, go through school activities with student in advance so that student can be aware of any potential triggers, be aware of certain events/dates that may serve as a trigger to a student)?

A: _____

B: _____

C: _____
