



September Classroom SEL + Grief Pack

Activities for Feelings, Coping,
Connection & Resilience

Whole-class activities teachers can use
without singling out grieving students.

Feel • Remember • Connect • Cope • Grow

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September Classroom SEL + Grief Pack

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Thank you for supporting Camp Good Grief and for creating kinder, more compassionate classrooms and communities. Together, we can help children feel, remember, connect, cope, and grow.

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1

September Feelings Check-In

How am I arriving today? Circle, color, or draw the feeling that best matches how you feel right now.



Happy



Calm



Excited



Okay



Tired



Worried



Sad



Frustrated



Confused



Loved



Heavy



Hopeful

Today my feelings feel like:



Sunshine



Clouds



Rain



Wind



A storm



Rainbow



A little bit of everything

One thing that might help me today is:



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3

My Coping Backpack

Imagine that everyone carries an invisible backpack filled with things that help during difficult moments. Draw or write six things you would put inside yours.



A favorite song



A book



Someone I can talk to



Movement



Time outside



Something that makes me laugh

My Coping Backpack

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

When I have a hard day, I can remember:
I have tools that can help me.

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5 My Circle of Support

Nobody has to handle every difficult moment alone. Write the names or roles of people you could ask for help.

At School

Teacher:

Counselor:

Friend:

Another trusted adult:

Outside School

Family member:

Coach or mentor:

Neighbor or family friend:

Other:

I can ask for help
by saying:

"I am having a hard time
and would like someone
to talk to."



Remember:

- ♥ It's okay to ask for help.
- ♥ There are people who care.
- ♥ Everyone needs support sometimes.

7

One Good Thing

Difficult feelings and good moments can exist at the same time.



Write one small good thing from today. It could be something funny, something beautiful, someone being kind, a favorite food, a song, a pet, a peaceful moment, or something you accomplished.

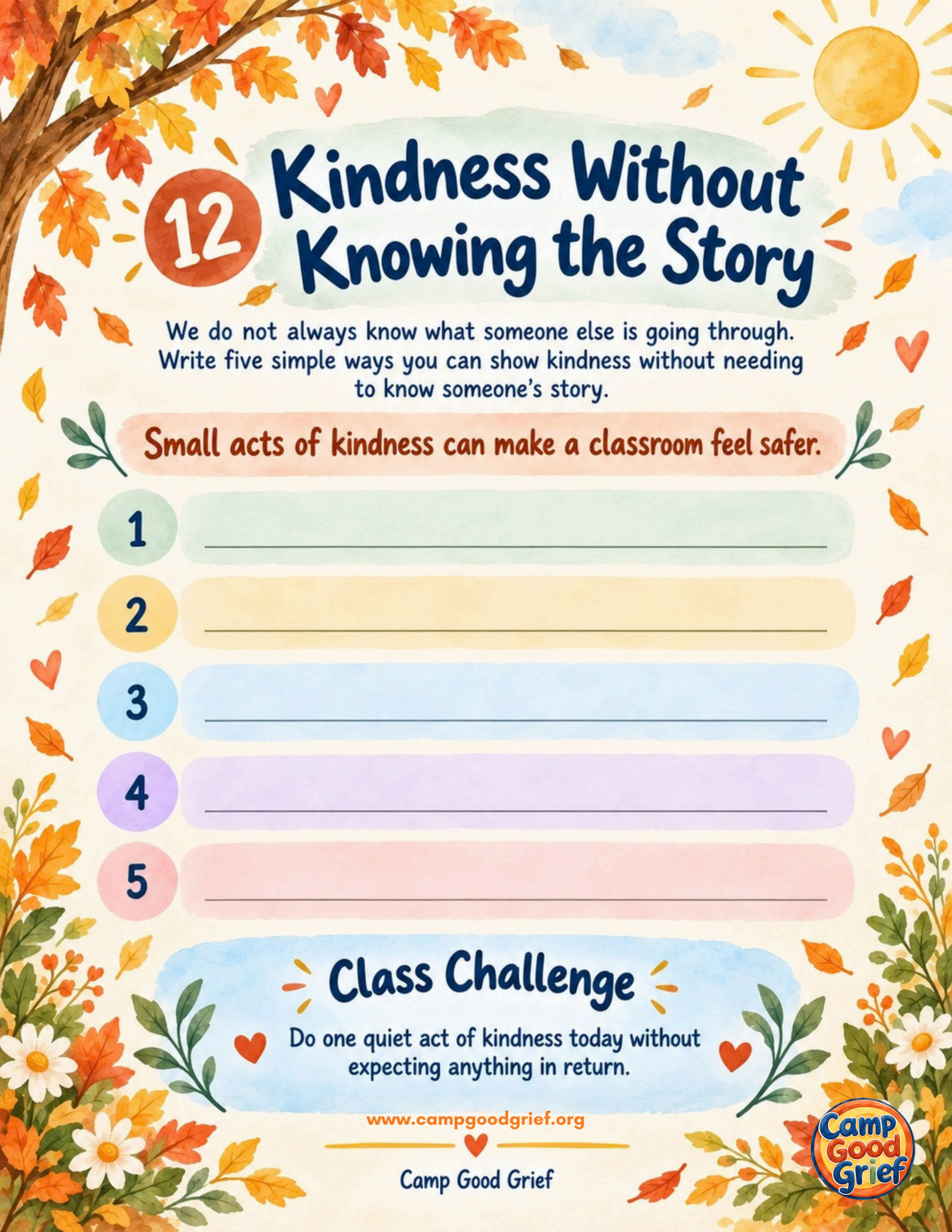
One good thing today was:

It made me feel:

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12

Kindness Without Knowing the Story

We do not always know what someone else is going through. Write five simple ways you can show kindness without needing to know someone's story.

Small acts of kindness can make a classroom feel safer.

1

2

3

4

5

Class Challenge

Do one quiet act of kindness today without expecting anything in return.

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10

Calm Down Menu

Different coping strategies work for different people.
Circle five you would be willing to try.

1 Take five slow breaths



2 Take a short walk



3 Listen to music



4 Draw



5 Drink some water



6 Read quietly



7 Stretch



8 Spend time outside



9 Write



10 Talk with someone



11 Hold something comforting



12 Remember something funny



13 Complete a puzzle



14 Spend time with an animal



15 Try something new



My favorite calming strategy is:

14

The September Strength Tree

Draw or write a strength on each leaf. Add strengths you would like to grow this year.



One strength I already have:

One strength I want to grow:

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19 Hope Is...

Complete the sentences, then create your own symbol of hope.

Hope looks like: _____

Hope sounds like: _____

Hope feels like: _____

Hope reminds me: _____

Draw your own symbol of hope.

It could be a rainbow, seedling, star, light, sunrise, butterfly — or something uniquely yours.



Rainbow



Seedling



Star



Light



Sunrise



Butterfly



Hope can begin very small.

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