

2 Understanding Change and Loss

Grades Kindergarten - Second Grade



Lesson Goals

- Reconnecting and reviewing previous lesson
- Introducing and exploring different types of change and loss, including death loss

SEL Competencies*

- **Self Awareness:** Ability to integrate personal and social identities and identify emotions
- **Social Awareness:** Developing empathy, perspective-taking skills, and appreciation for diverse experiences
- **Relationship Skills:** Social engagement and relationship building

**Based on CASEL social and emotional learning (SEL) competencies*

Classroom Activities

- Memory Tray
- Changes in Your Life game
- Changes Drawing Activity

Optimistic Closing & Assessment

- Cool down and regulating activities: Breathing and mindfulness skills
- Students share "One thing I learned today"
- Evaluator will be present at each lesson to utilize an observational rubric of content and process
- Qualitative information received verbally from students at the end of each session to assess retention of lesson content

Materials

- Name tags
- Talking Stick
- Bell
- Large table cloth
- Large roll of paper
- Markers
- Hoberman Sphere
- Handouts for student toolkit
- Memory Tray and objects
- Cards for Changes game

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Tips for Schools/Classrooms

- Explore and normalize different types of change that children and families might experience
- Use concepts from nature, seasons, and growth as examples of natural changes
- Highlight how book characters have encountered and coped with life changes
- Model and create a grief-sensitive culture: Understand importance of normalizing grief and loss
- For a death loss, establish an Individual Bereavement Support Plan and share resources and referrals

Tips for Parents/Caregivers

- Help your child understand different types of change or loss they might experience
- Model openness: Talk about how your family has coped with changes or losses in the past
- When a change is anticipated, talk honestly about what to expect and let your child share questions, fears, or worries, including planning for future adjustments
- Communicate with the school about losses or changes in your family

Resources for Schools/Classrooms

- [Individual Bereavement Support Plan](#)
- [Supporting Kids Through Times of Change](#)
- [What To Do When Plans Change: 5 Tips For Children With Autism Spectrum Disorder](#)
- [The Grieving Student: A Teacher's Guide](#)
- [Booklist: Coping with Big Life Changes for All Ages](#)
- [Caregivers and Schools Working Together in Partnership After a Death](#)

Resources for Parents/ Caregiver

- [7 Ways to Help Kids Cope with Big Life Changes](#)
- [Helping Children Deal with Change and Stress](#)
- [Helping Children & Teens Cope With Stressful Life Events](#)
- [Talking With Kids About Change](#)
- [Tim's Big Move](#)
- [10 Tips for Supporting Children Who Are Grieving](#)