

the grief book strategies for young people

by elizabeth vercoe with kerry abramowski

Teacher's notes: A must for every school! Highly recommended as a resource for students coping with grief: theirs and others, PD [Professional Development], or LD [Life Development]!

The grief book strategies for young people is able to be used on many levels:

- I An in depth study of grief for older students: beginning with the authors' own stories and a definition of grief. Trick #1 begins the journey with a checklist: Are you grieving?
- II Completing a unit on 'Death': Trick #31 *Spying on rituals in other cultures* is a short compendium of funeral rites from around the world.
- III Individual *tricks* can be utilized to focus upon aspects of grief that are relevant to an individual student, class or whole school.
 - A. Before someone dies:
 - i. #24 Do we use the word 'dying'? Discuss the need for understanding different feelings.
 - ii. #25 What do I say to someone who's dying?
 - iii. #28 Saying goodbye
 - B. After someone dies:
 - i. #29 When you can't say goodbye, release and remember
 - ii. #30 Rituals close to home
 - iii. #32 What do I do at a funeral?
 - iv. #50 The gift of giving –what can I do?
- IV Philosophy lessons: used as a stimuli for expression of thoughts and ideas
 - A. Kenneth Doka's four classic rituals pg 103-105
 - B. Discussion based on any of the many inspirational quotes throughout pages 5, 18, 21, 35, 49, 59, 67, 75, 90, 101, 111, 121, 145, 147, 162, 163, 165, 166, 171, 189, 196 or 184
- V Socialization program- Behaviours rising from individual(s) coping with grief can be related to some bullying behaviours. The *tricks* included in this book encourage understanding of self and others.
 - i. #9 The ideal support person
 - ii. #49 I think I can, I think I can Self esteem
 - iii. #54 Talking to yourself
 - iv. #14 Listening to feelings
 - v. #40 Releasing anger
 - vi. #16 Dealing with why me?
 - vii. Used in conjunction or separately #42 Dealing with pain, #46 Letting others in or #8 Not being alone especially for those who feel alone in the world.
 - viii. Read the following quick tricks to students and discuss their favourite coping strategies: #7, #13, #15, #21, #27, #33, #34, #35, #36, #39. #41, #43, #45, #48, #51, #53, #55 Follow up with #12 Don't snap out of it and #47 Time heals all wounds- or does it?

Still can't see a use for this book: let Dr Carr-Gregg convince you in his appendix A note about adolescence and grief.