



## **Courageous Kids**

### **A Six Week Grief Support Group for Elementary Age Children**

#### **Week One: Getting Acquainted**

Safety Code (Ground Rules)  
Name Game- One thing about me  
Make “Me” Sticks – Feelings check in  
Courage Stones  
Telling your story (Using Story Cards)  
Badge of Courage  
Affirmation Scrolls

#### **Week Two: Getting the Facts**

What is Death and Grief? (Grief Keys)  
Safety Code Reviewed  
Feelings Check in  
Sharing Experiences (Courage Stones and Story Cards)  
Affirmation Scrolls

#### **Week Three: Remembering**

Honoring the memories of our loved ones.  
Safety Code Review  
Feelings Check in  
Memory Game  
What would I say in a letter to my loved one?  
Affirmation Scrolls

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*Our center of care is you*

### **Week Four: Identifying Changes**

Safety Code Reviewed

Feelings check –in

Drawing:” Family before/ family” “Me before/me after”

What’s different? What’s the same?

Water experiment

Sharing our Experiences

Affirmation Scrolls

### **Week Five: Expressing Feeling**

Expressing and naming feelings

Safety Code Reviewed

Feelings check in

Color you heart exercise

Feelings Word List Worksheet

Begin Memory Scrap Books

Affirmation Scrolls

### **Week Six: Finding Help**

Taking care of you!

Feelings Check in

Finish Memory Scrap Book

Identify who you can talk to.

One thing that you will remember from group that will help through the tough times.

Affirmation Scrolls

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