

## Student Worksheet – Class 3 – Caring for and understanding others in the process of loss & grief

### How to help a grieving friend

Watch the video clip and in your groups discuss and answer the questions below.



Image - <https://laughingsquid.com/how-to-help-a-grieving-friend/>

|   |  |
|---|--|
| <p>1. <i>“The way to help people to feel better is to let them be in pain”</i><br/>         Why do you think the speaker says this?</p> |  |
| <p>2. What does the speaker say about ‘Acknowledgement’?</p>  |  |
| <p>3. What are the things people sometimes say or do that may not be helpful for someone who is grieving?</p>                           |  |
| <p>4. List some of the things that the speaker says might be helpful.</p>   |  |

**Watch the video clip on ‘Empathy Vs Sympathy’ with Brené Browne.**

In your group jot down the some of the important things she says about empathy



Keypoints about ‘Empathy’






- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

## Supporting a friend who has experienced loss or grief



|   |                                     |
|---|-------------------------------------|
| <b>Helpful things I could do</b>        | <b>Helpful things I could say</b>   |
| <b>Things that I should avoid doing</b> | <b>Things I should avoid saying</b> |

## Reflection Sheet

|   |  |
|---|--|
| <p><b>3 things I learned today</b></p>           | <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>  |
| <p><b>3 things I am grateful for today</b></p>  | <ul style="list-style-type: none"><li>• I am grateful for _____</li><li>• I am grateful for _____</li><li>• I am grateful for _____</li></ul>  |
| <p><b>3 reasons to smile today</b></p>  |  <p>_____</p>  <p>_____</p>  <p>_____</p> |