*SAMPLE*

*Grief Group Update for Parents/Guardians*

*To be Emailed or sent home with student*

Hello! Date

This is a note to tell you what we have been doing in our Grief Group at school.

Last week was our first week and we got to know each other and talk about ourselves, our losses and go over our group rules. Everyone had the opportunity to select an animal puppet that they liked or reminded them of the person who had died. Each member took a turn to introduce themselves, spoke about who had died and why they selected their puppetWe ended the group by playing a game called “pass the pickle” when the music stopped, and a member was out; they stated what they were looking forward to doing over spring break.

This week, we decorated and started working on a special journal that each child will be able to take home with them at the end of our 4th and final meeting. This is a journal that your child can share with you and there are many activities which can be done at home with an adult. Many of these activities are taken from the Doughy Center, which is the *National Center for Grieving Children and Families* out of Portland, Oregon. I encourage to also check out their website: https://www.dougy.org

We would like to share with you the rules that make up how we run the group.

**Rule #1** It’s okay to PASS. If anyone does not want to share or participate in any

 part of an activity, it is all right to just say, “Pass”.

**Rule #2** What we say here STAY here. What this means is that each group

member can share their experience and what they said or did, but they are not allowed to talk about *other* members or their stories.

**Rule #3** No hitting, hurting others or self

**Rule #4** Respect other’s feeling. No put downs.

**Rule #5** If (Insert Facilitator) asks you to stop. Please stop.

Please ask your child their thoughts about what we did in group this week. If you have any questions or comments, feel free to contact me at (Insert Phone number, Insert Email)

Regards,

(Insert Name)

(Insert Title)