

An tSraith Shóisearach do Mhúinteoirí Junior CYCLE for teachers

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.



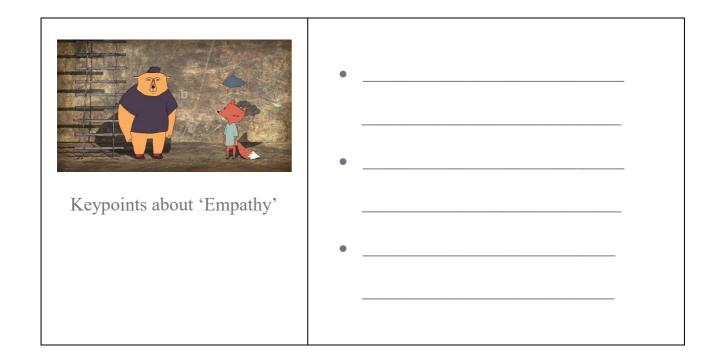
Image - https://laughingsquid.com/how-to-help-a-grieving-friend/

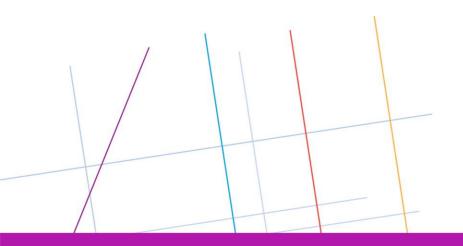
 "The way to help people to feel better is to let them be in pain" Why do you think the speaker says this? 	
2. What does the speaker say about 'Acknowledgement'?	
3. What are the things people sometimes say or do that may not be helpful for someone who is grieving?	
4/ List some of the things that the speaker says might be helpful.	



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







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Supporting a friend who has experienced loss or grief



Helpfu	al things I co	ould do		Helpful things I could say
Thing	s that I show	ld avoid d	loing	Things I should avoid saying
Things	s tilat I slibu		ionig	Tinngs I should avoid saying
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Reflection Sheet

