

General Resources for All

[Supporting the Bereaved During COVID-19](#)

- How to provide support and empathy during a time of social distancing

[Grief during COVID-19](#)

- Ways to support children and teens during the COVID-19 global health crisis, including ways to engage in family self care and how to engage in conversations about the loss.

[After A Loved One Dies: How children grieve and how parents and other adults can support them](#)

- Helping children understand, respond, and cope with death over time.

Resources for Parents and Families

[Funerals in the Time of a Pandemic: A Toolkit for Children and Families](#) (PDF)

- Funeral rituals and how to create them even during social isolation and distancing
- Activities for kids experiencing grief
- Overview of the Childhood Bereavement Process
- How to talk to kids about death
- Developmental stages of grief

[Grieving in Uncertain Times](#)

- Resource from the Wendt Center for Loss and Healing, includes ways to tend to yourself and those around you, how to maintain connection through social media and other modes of communication, and how to ask for help and identify supports.

[Death and Grief in the Family: Tips for Parents \(Spanish\)](#)

- NASP resource outlining typical grief reactions by age group and how to support children.

Resources for School Staff

[Funerals in the Time of a Pandemic](#) (Podcast)

- 9 episode podcast covering the following topics: funerals, rituals, creating funeral rituals, memories, developmental stages, and a message to kids.

[Teacher Training Modules: Supporting Grieving Students in Schools](#)

- 4 Module Online Training (free) from the Coalition to Support Grieving Students.
- [Modules](#) are also available for: principals and administrators, SST, and family and community members.

[Addressing Grief: Tips for Teachers and Administrators](#)

- NASP guidelines for supporting bereaved students.

Resources for Students

[The Dougy Center School and Community Toolkit](#) (elementary)

- 5 activities to help children process grief and loss as well as writing prompts and a hard day safety plan template. The Safety Plan template was created for a hard day at school but can be modified to fit the current circumstances.

[The Dougy Center School and Community Toolkit](#) (teens)

- 5 journal prompts to help teens process grief and loss as well as links to podcast episodes. Note: please listen to the podcasts in advance and decide whether the content and material is a helpful resource to share with students/ families during this particular situation.

[Movement Activities for Grieving Children](#)

- Movement and play can help children identify and safely express their feelings using non-verbal expression.

[Sesame Street in Communities: Helping Kids Grieve](#)

- Articles, printables, videos, art projects, and movement activities to help children process grief and loss. There is a search option available to find activities for specific age groups.