

# The Little Star

A Story to Help with Loss and Grief



## Learning Intention and Success Criteria

**Learning Intention:** We are learning about loss and grief and how we can cope with these big feelings.

**Success Criteria:**

- I can recognise my emotions.
- I can identify strategies to deal with loss and grief.

## Key Vocabulary

Loss, Grief, Sadness, Emotions, Coping, Remembering.

## Resources

- Story book: The Little Star by Samantha Williams
- Matching My Feelings Worksheet
- Cardboard box with a removable lid
- Coloured paper
- paint
- Glue stick/tape
- Coloured markers
- Scissors
- Magazines
- “Stick-on” items to use for decorations (e.g., buttons, ribbon, stickers, etc.)
- Optional: a picture of the lost person, pet or item.

## Mini Lesson

Explain the Learning Intention and Success Criteria to the children. Read the text “The Little Star”. Stop and ask the children the following questions about the text:

- What emotions did you feel when reading the story?
- How do you think the little mouse felt after the Little Star had left?
- What could the little mouse have done to feel better?





## Mini Lesson Continued...

Discuss how we can cope with losing someone or something we feel connected to with the children. Validate the emotions the children suggest and recognise that it is normal to experience a range of different emotions. Brainstorm what emotions they may feel when they lose someone or something they feel connected to.

On a large piece of paper, explain that there are several strategies we can try to help us during these challenging times. Go through the strategies below and explain how each one could help with difficult feelings of loss and grief:

1. Eat healthy
2. Exercise
3. Make a memory box
4. Spend some time alone
5. Practice mindful breathing
6. Write a letter or draw a picture of the person, pet or item you have lost.
7. Stay connected to others
8. Be kind to yourself
9. Help someone else
10. Talk to someone you trust

## Independent Task

### MAKE A MEMORY BOX

**Purpose:** Ask the children to make a box in which to keep special things that remind them of the person, pet or item they lost and the relationship they had together.

**Preparation:** With an adults help, cut-out different pictures and shapes from coloured paper and paint the box, allowing time for the paint to dry.

**Implementation:** The children can then decorate their boxes with colours, pictures or shapes and “stick-on” items using a glue stick, during the activity talk to the children about how they feel and what items they might like to fill their box with when it’s finished. Let the children sit quietly with their boxes once completed to remember the person, pet or item it was made for.



Using the Matching My Feelings Worksheet, talk to the children about big feelings and actions that are helpful or unhelpful when coping with loss or grief.



# Matching My Feelings Worksheet

## Matching Game (for ages 4-6)

The children may need an adult helper to play this game.

Read the sentences below, including a feeling word each time. Then read the possible action words the children can choose from. Ask the children to choose actions that match the feeling. Discuss with the class or group whether the chosen actions help the child get his or her needs met or not.

“When I feel \_\_\_\_\_ I can \_\_\_\_\_ to take care of myself.”  
Feeling word                      Action word

“When I feel \_\_\_\_\_ I can \_\_\_\_\_ to feel better.”  
Feeling word                      Action word

“When I feel \_\_\_\_\_ I can \_\_\_\_\_ to cheer myself up.”  
Feeling word                      Action word

“When I feel \_\_\_\_\_ I can \_\_\_\_\_ to stay healthy.”  
Feeling word                      Action word

## Feeling Words

Sad  
Happy  
Angry  
Scared  
Confused

## Action Words

Laugh  
Kick a friend  
Play  
Cry  
Hide  
Ask for a hug

