

# Grief Checklist: School-Centric Loss

- Check in with yourself. Choose the space from which you respond to the loss.
- Map out a personal-care plan.
- Communicate with administrators and crisis response professionals (as applicable) about any schoolwide action plan and how you can implement it in your classroom.
- Connect with colleagues. Notice how others react to and talk about the event.
- Speak with students and family members about the event and your response.
- Adjust workload as appropriate.
- Identify and watch out for students for whom loss or trauma may prove especially challenging.
- Make space for multimodal communication or expression about the event within your classroom and caring relationships.
- Regulate routine in your classroom to the extent that is possible. Support a sense of safety at school.
- Consider collective memorialization efforts (schoolwide, classwide) to execute with your students.
- Cull curricular content; create a grief trigger plan.
- Call upon and collaborate with specialists and resources.
- Continue the conversation.