

# BACK TO SCHOOL



**LION  
HEART**  
CAMP FOR KIDS

Heading back to school can feel weird, especially after your Important Person has died. Some people find comfort in getting back into routine, while others might struggle with focusing, dealing with emotions, or feeling different from their friends. There's no right or wrong way to feel—grief is different for everyone.

## TALK TO SOMEONE YOU TRUST

Grief can be all over the place—some days might feel okay, and others might feel really tough. It's okay to let someone know if you're struggling. You could start with:

- ☞ "School feels really hard today."
- ☞ "I don't know how to focus in class."
- ☞ "I just need a break."

You don't have to talk about your Important Person if you don't want to, but if you do, that's okay too.

## LET YOUR SCHOOL KNOW (IF THAT FEELS RIGHT FOR YOU)

With the help of a trusted adult, let the school know about what's happening for you. If you're finding school tough, a teacher, chaplain, school psychologist, or youth worker might be able to help. They can:

- ☞ Give you extra time for schoolwork if you need it
- ☞ Help if you feel upset or need a break
- ☞ Check in with you during the day

## TALKING TO FRIENDS

Your friends might not know what to say or how to support you, and that can make things feel awkward. If you want to talk about your Important Person, you could say:

- ☞ "I might need to talk about them sometimes. Just listening would really help."
- ☞ "I don't always want advice, but I'd like to know you're there."

If you don't feel like talking, it's okay to set boundaries. You could say:

- 🚫 "I don't really want to talk about it right now. Can we just hang out?"
- 🚫 "I appreciate you checking in, but I'd rather focus on something else today."

Letting at least one friend know what you need can make things easier. You don't have to go through this alone, and real friends will respect your feelings.

## MAKE A PLAN FOR TOUGH MOMENTS

Grief doesn't take a break when the school bell rings. Some things that might help:

- ☞ Having a morning routine to make getting to school less stressful
- ☞ Using an Exit Card or knowing where you can go if you need a break
- ☞ Keeping something small that reminds you of your Important Person, like a note, photo, or special object in your bag

Going back to school after someone dies isn't easy, but you don't have to do it alone. There are people who care and want to support you.