



# Activity: Spike's Grief Social Stories

## Remember, Together

### Objective

Social stories help youth navigate experiences that may feel confusing or overwhelming. In this activity, participants use grief conversation cards to explore common grief reactions, identify coping strategies, and consider meaningful ways to stay connected to the person who died. Because the stories center on another person's experience, they create emotional distance that can make difficult feelings easier to discuss. The conversation cards also help youth visualize what they might think, feel, or do in real-life situations and prepare for common grief experiences.



### Supplies

- Eluna's **Remember, Together Cards**

### Social Story Scenarios

For each social story, begin by sharing a bit about Spike's grief. Be sure to include:

- Who is Spike remembering and what was their relationship like?
- When and how did Spike's person die?
- Is this Spike's first experience with the death of someone close?
- Who does Spike live with now?
- Has Spike experienced any other big changes since the person died?
- What kind of things does Spike like to do for fun?

### Instructions

1. To begin, prompt the social story by sharing a brief scenario with participating youth using the key to the right.
2. Support youth in choosing 2-3 navy-bordered, Grief Experience Cards they predict Spike might be experiencing.
3. Encourage youth to identify 2-3 teal-bordered, Coping Skills & Support Cards that Spike can use to help navigate grief. Optional: Have youth 'teach' Spike how to practice using one of the chosen activities.
4. Youth can then pick 2-3 orange-bordered, Continued Connection Cards they think might help Spike maintain connection to the person being remembered.

*This activity was created by Kelly Petersohn from Camp Erin Online to accompany Eluna's **Remember, Together Cards**.*