

slumber
kins®

PRESENTS

Sprite



Interactive Lessons

GRIEF & LOSS

SPRITE

Before the Lesson

It can be scary and overwhelming as an educator to help children navigate loss. Most of us didn't grow up learning how to talk about grief or process the ways it affects our minds and emotions. Grief can also have physical effects on our bodies. Those who have experienced a major loss, such as death, know how grief can cause routines or normal practices, such as eating, practicing their favorite hobbies, or losing interest in spending time with their favorite friends and family members, to be changed or ignored completely. Sprite's board book was written as a tool for parents, caregivers, and educators to help open a conversation about grief and loss. The story shows students the memory of a loved one who has passed over, experienced a life-threatening illness, or left the family for one reason or another will always be with them and allows them to express grief through the guided interactive storyline.

Though today is hard,
I am going to start,
the journey ahead,
with you in my heart.

Key Terms

Sprite's message is one that will touch us all at some point. Help your little learners understand these terms in Sprite's story. Before starting the book, review the keywords on the back cover of the book.



GRIEF AND LOSS:

Difficult feelings after something ends or changes.

Questions to ask: Is there a time you had to say goodbye to someone or something?

Example: Classroom teacher at the end of the year, a person or a pet who died, a house you moved away from etc.



ACCEPTANCE:

Allowing things to be just how they are without trying to change them.

Questions to ask: What are some things that you have learned how to accept?

Examples: Sometimes people feel sad, I have to brush my teeth, I have to wear a seatbelt in the car, etc.



RESILIENCE:

Our strength, deep inside, that helps us get through hard times.

Questions to ask: What hard thing have you gotten through that makes you feel proud?

Examples: Going to a new school, completing a long walk, learning to ride a bike, etc.

icons from TheNounProject.com

SPRITE

Before the Book

Introduce Sprite to the class.

Teacher: Today we have a special guest. This is Sprite! Let's welcome our new friend Sprite and say "Hello!"

Students: *Hi Sprite!*

Teacher: Our friend Sprite is joining us today to help teach us about grief and loss. We are going to read Sprite's story by Kelly Oriard and Callie Christensen. In this book, we get to listen as Fox experiences a loss. Sprite comes to visit to remind Fox they are never alone. It can be hard to find the right words and we can have many big, overwhelming feelings. When we lose something that is important to us, our grief may come to us in different ways. Sprite can help guide and support us during these difficult times.



LESSON

Pause and Reflect

Read Sprite's story together and answer the following questions.
Turn to page 4 in the book to start following along.

Page 4

Q: How was Fox feeling after experiencing their loss?

A: *Sad, upset, and heartbroken.*

Q: What was Fox thinking about Sprite?

A: Fox was thinking Sprite was brilliant, gentle, and resilient.

Page 6

Q: Can we keep people with us in our hearts after they go?

A: *Yes! No matter where a person goes on earth or if they have passed on, we can keep them with us in our hearts..*

Q: Where do you remember that loved one?

A: *In your heart.*

Page 8

Q: What are some feelings we could have if someone goes away or dies?

A: *We could feel sad, mad, empty in our hearts, silly, or hopeful. There are no wrong feelings!*

Page 10

Q: What are some things that Fox and Sprite did together when Fox felt loss?

A: *They yelled, snuggled, played ball, and painted together.*

SPRITE

Activities

Forever In My Heart*

Have your students think about the things and people that/who are important to them. Remind them this can be family members, friends, pets, a favorite toy, or any other person or things that they love and care for. Share examples of the important things and people to help your little learners understand what and who this might include. Allow students to determine what feels most important to them whether it is a person, pet, or possession. Everything we love has a space in our hearts, be that a favorite toy or a favorite person.

Dear Missed One*

This activity allows students to draw a picture or write a letter to someone they miss. Read the following prompt for your students prior to them completing this activity. *Prompt:* Today you can draw a picture or write a note to someone you are missing. This can be someone you don't get to see often, someone you have lost, or anyone you're missing right now. This letter is for you to create for the one you miss and for you to keep close to your heart.



*All resources marked with a star will be included at the end of this lesson for reference/use.

slumber
kins®



Sprite



Though today is hard,
I am going to start,
the journey ahead,
with you in my heart.

slumber
kings



Sprite



Though today is hard,
I am going to start,
the journey ahead,
with you in my heart.

slumber
kings



Sprite



Though today is hard,
I am going to start,
the journey ahead,
with you in my heart.

slumber
kings



Sprite



Though today is hard,
I am going to start,
the journey ahead,
with you in my heart.

slumber
kings



Sprite



Though today is hard,
I am going to start,
the journey ahead,
with you in my heart.

SPRITE

Supplementary Materials

WANT MORE RESOURCES?

Check out additional free resources and activities on Slumberkins School at:

slumberkins.com/pages/slumberkins-school



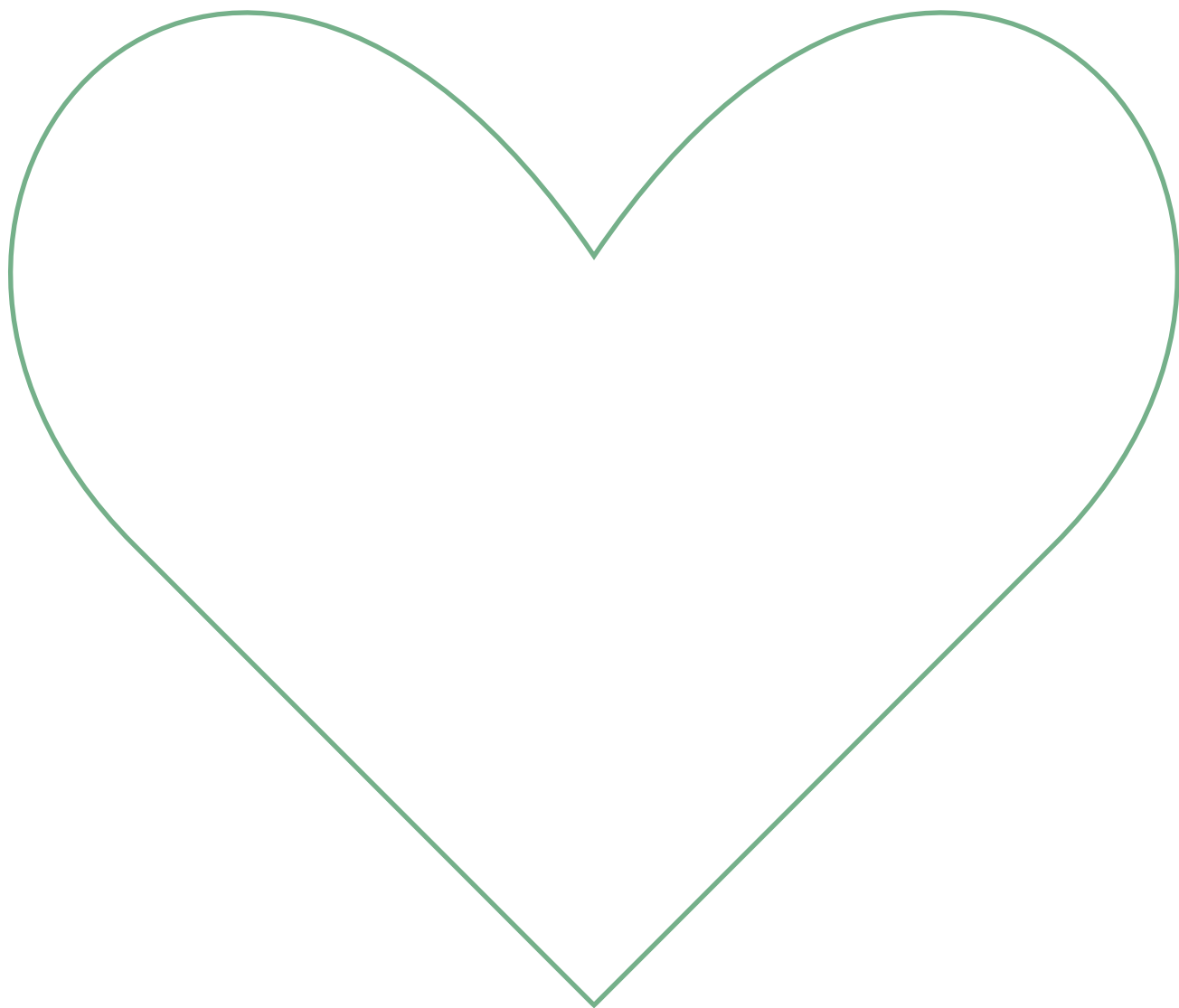
Name: _____

ACTIVITY

Forever In My Heart

Directions:

Who and what will you keep in your heart forever? Draw or write about them within this heart.







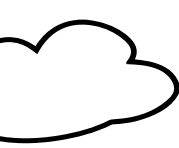



ACTIVITY

Dear Missed One

Directions:

Write a letter or draw a picture for someone you miss. It could be someone who has died, someone you haven't seen in a while, or someone you can't wait to see again. Tell them what you miss about them and how you're feeling.



[illegible]

Dear Missed One

Write a letter to someone you miss. It could be someone who has died, someone you haven't seen in a while, or someone you can't wait to see again. Tell them what you miss about them and how you're feeling.

[illegible]

slumberkins®
PRESENTS
Sprite



By Kelly Oriard with Callie Christensen

Illustrated by Theresa Thomson

Copyright Slumberkins Inc 2018.
Permission is granted to print this page for personal use only.



* Way up north
where the strong winds blow
lived a little silver fox
in the cold frosty snow.

* A stormy day
turned into a still night,
and Sprite arrived
to Fox by the moonlight.







The news Fox heard
had broken his heart,
and from this place
came Sprite from the dark.




The light Sprite brought
was from deep inside,
memories of the one
that had left Fox behind.





Fox had never seen
a creature so brilliant.
It sailed on the wind;
seemed gentle, yet resilient.



Sprite smiled at Fox
and explained with a nod,

I am here
to guide you
and all of
your love.

When someone goes away
or from life passes on
you feel in your heart
that their presence is gone.

The piece of your heart
where their love settled in
and changed you forever
can still remember them.





Sometimes you'll feel mad,
sometimes you'll feel blue.
Sometimes you won't have words
for others to understand you.



All of that is okay,
you can have all sorts of feelings.
Sprite guides the way
to find your own healing.

I'm here with you
in whatever you do
helping your heart
keep them with you.



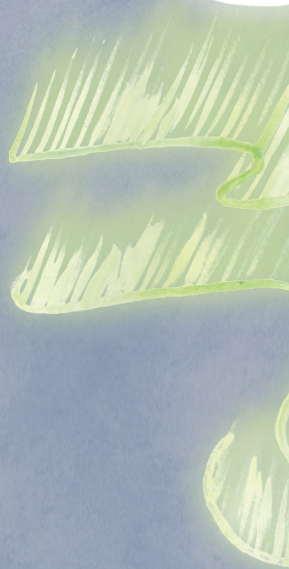






Repeat after me
the message of Sprite
that gave Fox strength
in his darkest night:

Though today is hard,
(child repeats)
I am going to start
(child repeats)
the journey ahead
(child repeats)
with you in my heart.
(child repeats)







About the Authors:

Co-authors Kelly Oriard and Callie Christensen saw a need for intentional social-emotional resources for young children and founded Slumberkins in 2016. Kelly is a skilled family therapist and licensed school counselor. Callie is a licensed elementary and special education teacher. Kelly and Callie have been best friends for over 20+ years and live in the Pacific Northwest with their families. Learn more about the authors and Slumberkins at www.slumberkins.com.

Slumberkins has partnered with The Dougy Center to bring you this Grief and Loss collection.

The Dougy Center, The National Center for Grieving Children & Families, provides support in a safe place where children, teens, young adults, and their families who are grieving a death or facing an advanced serious illness can share their experiences. The Dougy Center provides information and training nationally and internationally to individuals and organizations seeking to assist children in grief. To learn more, visit: www.dougy.org.

slumberkins

Slumberkins designs approachable tools that promote early emotional learning. Our stories use research-based techniques to teach important social-emotional skills while deepening the parent-child bond.

The Slumberkins family of creatures includes:



Alpaca
Stress Relief



Narwhal
Growth Mindset



Bigfoot
Self-Esteem



Slumber Sloth
Relaxation



Fox
Family Change



Sprite
Grief & Loss



Yeti
Mindfulness



The Feels
Emotional Well-Being



Honey Bear
Gratitude



Unicorn
Authenticity



Hammerhead
Conflict Resolution



Otter
Family Bonding



Ibex
Emotional Courage



Slumberkins®

Sprite

Introduce your little one to Sprite
to help guide and give comfort through
their journey of grief and loss.

This interactive routine supports:
Grief & Loss
Acceptance
Resilience

Orlind & Christensen

©2018 All Rights Reserved.
www.slumberkins.com
Permission is granted to print
this page for personal use only.
Slumberkins is located in the
magical Pacific Northwest.

SUPPORTS
Grief
and Loss

