

## **Recommendations for Students**

**Let your parents know what today has been like.**

Tell them what you'd like or need from them. Let them know how they can support you.

**Put a little extra energy into friendships.**

Connect with each other more often for the next few days. If you had a good talk with someone today and don't know how to contact him or her, ask for contact information before you leave school. Stay connected. Take care of each other.

Look for ways to support each other:

- Check in with each other.
- Spend more time together.
- Do some fun things, too. Take breaks from the grief.
- Tell the school counselor if there is someone about whom you're concerned.
- Go see the counselor if you're having a tough time – especially if you're having nightmares, fears, or thoughts that you just can't get to go away.

**Eat decent food and try to get plenty of sleep.** Take care of yourselves.

**If you go to the funeral**

Feel free to take a card or some flowers to the funeral. Even though it may feel awkward, it is helpful to go ahead and talk to the family while you're there. Saying that you feel bad about their loss, that you are sad, or that you wish there was something you could do to make it better are all appropriate comments. You may even wish to share a favorite memory with the family.

If you know other family members, it is better to talk to them than avoid them. It is OK that you may feel awkward. Step forward and introduce yourself and tell what you'll miss most or what you most enjoyed about their loved one.