

Discussion Questions after a Death

For Parents and Counselors

These discussion questions for children can be used with individuals or in a support group setting.

- In a support group setting, ask a volunteer student to pick a question from the bag, read it, and then answer it (or pass). Before moving on to the next question, ask for other responses to the same question.
- Younger kids may like a game created around the questions.
- Any age student may like art/writing projects created around the questions.
- Please pick out only the questions that are age-appropriate for your child and rephrase them as necessary.

Questions

1. How did your ____ (name) die?
2. Who told you about the death? Where were you?
3. How did your body feel when you were told about the death?
4. What did you experience in your body/mind/heart during the days between the death and the funeral?
5. What were some thoughtful things people did for your family after the death?
6. Did you see ____ (name) after s/he died? If yes, what was that like? If no, what do you picture in your mind that s/he looked like?
7. What was the worst part of the funeral? What was the best part?
8. What would you have changed about the funeral or memorial service?
9. What is your last memory about ____ (name)?
10. What was the last thing s/he said to you?
11. What was going back to school like after the death?
12. Are there any of your friends or relatives who don't like to talk about ____ (name) since his/her death? If yes, why do you think that is?
13. Were there any people you didn't want to be around after the death? Why?
14. I know the death was not my fault, but sometimes I feel responsible for . . .

15. What bothers me most about the death is ...
16. Something I wish I would or would not have said before ____ (name) died is ...
17. The things I wish I would have done with ____ (name) include ...
18. One memory that is really special to me is ...
19. I feel so alone when ...
20. I feel guilty when I think about ...
21. One funny memory I have about ____ (name) is ...
22. Some days I feel irritable or angry about ...
23. What are the healthy and unhealthy ways I let my anger/frustration out?
24. My dreams about ____ (name) have been ...
25. Something special that happened since the death is ...
26. Some uncomfortable thoughts I've had about ____ (name) include ...
27. Some things I really miss about ____ (name) are ...
28. Some things I don't miss about ____ (name) are ...
29. If I could ask ____ (name) one more question, I would ask ...
30. If I could spend one day with ____ (name), I would ...
31. The things that help me when I'm feeling really sad are ...
32. The things I'm most afraid to talk about related to the death include ...
33. After the death, I became afraid of (or more afraid of) ...
34. This is where I feel grief in my body ...
35. I often worry about ...
36. I instantly get taken back to the time around the death when I hear/see/smell ...
37. The things I still wonder about related to the death include ...
38. I am having trouble saying goodbye to ...
39. I have changed in the following ways since ____ (name) died.
40. The cultural and spiritual practices that help me these days include ...
41. The people who are most supportive to me these days are ...
42. This is what I wish ____ (name) could know about me now ...
43. One thing I learned about myself since the death is ...
44. How would ____ (name) want me to live my life going forward?

45. ____ (name) would be so proud of me for . . .
46. S/he might be a little disappointed in me for . . .
47. When I want to feel close to ____ (name), I . . .
48. Sometimes I'm afraid I won't remember . . .
49. The thing that will be the hardest about my future without ____ (name) is . . .
50. What are things I appreciate now that I never paid attention to before?
51. What will be my next step in healing?
52. One positive thing I hope comes out of my experience is . . .
53. Something I've created as a memorial or I would like to create as a memorial for ____ (name) is . . .
54. What are my strengths that will help me get through this time?