

## Core Skills Analysis

### Social-Emotional Learning

- Raylon was introduced to the concept of mental health and therapeutic interventions in the context of grief and loss.
- He began recognizing that emotions following a death can be complex and that support through therapy can be beneficial.
- The activity fostered early understanding of coping mechanisms appropriate to difficult emotional experiences.
- Raylon started to develop empathy by considering the feelings and mental states that individuals might face after losing a loved one.

### Health Education

- Raylon gained basic awareness that mental health is an important aspect of overall health, especially after stressful events.
- He learned about the purpose of therapy in helping individuals manage grief and maintain emotional balance.
- The activity highlighted that mental health challenges can follow significant life changes like death, and timely support can improve wellbeing.
- Raylon was exposed to the idea that emotional healing is a process requiring care and understanding.

### Tips

To deepen Raylon's understanding of mental health after loss, consider facilitating conversations about feelings and encouraging him to express his emotions through art or storytelling. Role-playing scenarios where characters experience grief can help him practice empathy and explore healthy ways to cope. Introducing simple mindfulness exercises or breathing techniques can provide Raylon with tools to manage strong emotions. Additionally, reading age-appropriate stories about characters who face loss and find support can normalize these experiences and foster resilience.

### Book Recommendations

- [The Invisible String](#) by Patrice Karst: A comforting story explaining that love connects people even when they are apart, helping children cope with loss.
- [When Dinosaurs Die: A Guide to Understanding Death](#) by Laurie Rasky Brown and Marc Brown: An honest and gentle explanation of death aimed at children, addressing questions and emotions they may have.
- [I Miss You: A First Look at Death](#) by Pat Thomas: This book helps children understand death and the feelings it brings in a straightforward and sensitive way.

### Learning Standards

- CCSS.ELA-LITERACY.SL.2.1 - Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups (promoting expression and listening on feelings).
- CASEL Social and Emotional Learning Competency - Self-Awareness and Social Awareness (recognizing emotions and understanding others' feelings).
- NGSS K-2 ETS1-1 - Ask questions and gather information about a situation people want to change (relates to understanding emotional challenges and solutions).

### Try This Next

- Create a feelings journal where Raylon draws or writes about emotions he thinks people might

feel after losing someone.

- Design a simple role-play activity where Raylon practices comforting a friend who is sad, promoting empathy and supportive communication.

### **Growth Beyond Academics**

This activity likely encouraged Raylon to engage with sensitive topics, helping him build emotional awareness and empathy. It also offered an opportunity to develop resilience and begin understanding healthy emotional expression, advancing both his social skills and emotional regulation.