Loss Has Many Forms

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character loses a routine after moving.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Recognize different kinds of loss without comparing whose grief is larger.

3. What loss might be overlooked?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.