### LESSON 7.5 Understanding Grief and Loss Note-Taking Guide

### **Understanding Death**

1. Our ability to comprehend death is based on our understanding of four concepts. Fill in either the missing concept or the explanation of each concept.



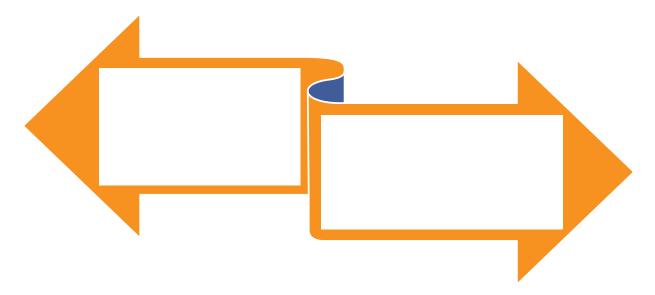
- 2. Infants and toddlers are not yet developed enough to understand the concept of death, but they can react to others' \_\_\_\_\_\_.
- **3.** Elementary-age children may not yet understand death as \_\_\_\_\_\_, and they may not grasp what causes death to occur.
- 4. Adolescents understand death in the same way that \_\_\_\_\_ do.
- **5.** Older adults experience loss more frequently as peers die, and they also experience smaller losses around declining health or \_\_\_\_\_\_.

# **Experiencing Grief**

6. In your own words, describe two different kinds of grief.

### **Mourning and Bereavement**

**7.** Compare and contrast mourning and bereavement.



### Cultural and Religious Influences on Mourning and Bereavement

8. Identify three ways culture and religion might influence how a person experiences mourning and bereavement.

1.	
2.	
3.	

## **Communicating Support for Those in Grief**

**9.** Suggestions for communicating support for those in grief include:

Simply share that you ar	e for their loss.
Do	things that are helpful to the person and that show support.
Be	and present.
Listen and	
Stav	