# Skill-Building Challenge Worksheet: Healthy Communication

Name: Blank Class: Blank Date: Blank

Talking to people who are grieving a loss can be uncomfortable and challenging. Write out an example of something you could say in each of the following scenarios. When you are done, compare your responses with another person or group. Collectively, identify what you think are the two best examples you came up with and role-play those scenarios.

**SCENARIO 1: KRYSIA**

Krysia’s 15-year-old cat Max died recently. Her family adopted him when she was just a toddler, and Max was a constant presence throughout her life. To Krysia and her family, Max was consid­ered more than a pet—he was family.

*What could you say to Krysia to show support?*

*What challenge might Krysia be facing as she grieves this loss?*

**SCENARIO 2: MIKAILA**

Mikaila’s mom passed away after a three-year battle against cancer. Mikaila is a first-year high school student. Her parents got a divorce when she was 11 years old, and she spent most of the time with her mom.

*What could you say to Mikaila to show support?*

*What could you do to help Mikaila?*

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**SCENARIO 3: JOHN**

John’s wife Colleen passed away suddenly after 45 years of marriage. John and Colleen were inseparable and did everything together. John feels lost and alone.

*What could you say to John?*

*What are some ways you could show support for John?*