



## Grief & Loss in Schools

**Loss:** *A deprivation, either temporary or permanent, of someone or something fundamental to our sense of self and/or to our physical and/or emotional well-being.*

**Grief:** *The normal, internal reaction to the loss of a person, thing or idea. It is our emotional response to loss.*

**Mourning:** *The external expression of grief as seen in traditional or creative rituals.*

**Bereavement:** *The state of having lost something, whether it be significant others, significant things, or our sense of self. This state can range from the death of a parent, the destruction of a home, to the loss of dreams, dignity and self-respect.*