

What to Say When You Don't Know What to Say

School Version — GRIEF in Action™ Quick Reference

Context Note

Designed for educators and staff supporting students navigating GRIEF and loss.

Helpful Things to Say

- “I’m so sorry this happened.”
- “I don’t have the right words, but I care about you.”
 - “I’m here with you.”
- “Would you like support or space right now?”

Phrases to Avoid

- “Everything happens for a reason.”
 - “Be strong.”
 - “At least...”

Why This Matters

Trauma-aware language reduces emotional threat and supports nervous system regulation.
Presence builds trust more than explanation.