

Teach.

The free facilitator guide. ROOM · 10 to 30 people · 28 minutes · no devices required.

One card is one day. Each card runs the same five-phase day — HOOK, STORY, WONDER, ACTION, WISDOM — in twenty-eight minutes, with nothing but the cards and the people in the room. 52 cards is roughly a school term.

TWELVE DECKS, ONE CARD

Before class: choose today's card. Pull that same card from every deck — one per group of two or three.

Your twelve decks: one is yours for teaching. The others live with the groups — same card in every hand, so everyone holds the day. Lost cards heal themselves: there are twelve copies of every card in the room.

BEFORE YOUR FIRST SESSION

Before your first session, write your local emergency number and a local helpline here:

EMERGENCY _____

HELPLINE _____

The US numbers printed on HELD cards — 911, 988, HOME to 741741, the Trevor Project — apply only in the United States. findahelpline.com works everywhere.

HELD · GRIEF
THE 28-MINUTE DAY

One card, one day.

Run the day from this page. Hands or silence — both are answers, in every phase.

HOOK · 2 MIN

Hold the card up. Read the front line aloud, twice. Ask: “What word stays with you?” Hands or silence — both are answers.

STORY · 5 MIN

Read the back aloud, slowly, exactly as written. If you have a screen, the card’s code plays Kelly reading it — press play only if the room agrees.

Before your room’s first press-play, say this aloud: “Kelly is synthetic — a made voice, not a person. She reads only if we press play.”

WONDER · 8 MIN

Ask, then wait longer than is comfortable: “When have you felt what this card says?” · “What would change tomorrow if it were true?”

ACTION · 8 MIN

Each group holds its card and does one small thing: write one line, draw the card’s idea, or tell a partner one true sentence. No group shares unless it wants to.

WISDOM · 5 MIN

Circle up. Each person may say one sentence, or “pass.” Read the front line one last time. Then the room returns today’s card to the deck — together.

52 cards. 52 days. You already have everything you need.

The room's rules.

THE PASS RULE

The pass rule protects children and adults alike. Nobody reads aloud who doesn't want to. "Pass" is a full sentence — no follow-ups, no fixing, no advice unless someone asks.

THE CARE CARD

Keep one care card face-up where the whole room can see it, every session.

KELLY, IF YOU WANT HER

No devices needed — a phone and a speaker add Kelly's voice; the cards alone are the whole lesson. Kelly may read before the circle opens or after it closes — never during a human's turn.

THE HUMANS ARE THE HELP

If someone's grief is bigger than the room, the lesson is not the help — the humans are. This deck's job, and Kelly's, is to help your students find each other, and find you.

SAFEGUARDING

Pass protects sharing, never safety. Never promise secrecy. If a student's words worry you, follow your school's safeguarding process today.

This guide is instructional copy for facilitators — not clinical guidance, and not part of Kelly's reviewed reading corpus. The living version of this guide: held.press/grief/teach

HELD · GRIEF

WRITE TODAY'S CARD NAME HERE

TODAY'S CARD

fold here to stand it on a desk — or pin the page flat to the board

TODAY'S CARD

WRITE TODAY'S CARD NAME HERE

HELD · GRIEF