

RESOURCE BUNDLE

Grief & Loss

Kindergarten - 5th Grade

Grief & Loss

today I FEEL

Shocked Sad Content Angry

Today MY GRIEF feels like

Shock Sadness Deal-Making Anger Peace

TO COPE I can...

Exercise play
Staying active and getting fresh air helps you calm down and feel better!

Write or draw
Draw or write about your loved one or a happy memory together.

Listen to music
Music can help you relax, boost your spirits, and put your mind at ease.

Ask questions
Asking questions can calm your mind and help you understand what happened.

Laugh
Laughing can help you feel more relaxed, closer to friends, and happier!

Happy memories
Close your eyes and imagine your happiest memories with your loved one.

talk it out
Talk to a grown-up you trust and openly share your feelings and thoughts.

Memory box
Create a memory box of photos and items that remind you of your loved one.

Hug, love others
Spend quality time with the people and pets that you love. Give lots of hugs!

MUSIC CITY COUNSELOR

GRIEF FEELS LIKE...
Grief looks different for everyone. Circle the feelings and experiences you have had.

Crying Tired Stomach aches Trouble focusing

Difficulty sleeping Not interested in school and activities Trouble eating wanting to be alone

THE STAGES OF GRIEF
Just like a flower, we grow and change in our grief over time.

SHOCK ANGER DEAL-MAKING SADNESS PEACE

TIME TO LET GO...
"Little by little we let go of loss, but never of love." Letting go of and releasing sad, painful feelings can help us grow in our grief. Write some of your feelings on the balloons and pretend to let them go into the air.

HOW DO YOU FEEL TODAY?
Circle the way you feel today.

Shocked Sad Angry

Hurt Lonely



THIS BUNDLE INCLUDES

4 Resources

- "The Invisible String" Companion Lesson
- Grief & Loss Workbook
- Grief & Loss Lap Book
- 13 Grief & Loss Stories & Journal

**classroom, group,
& individuals**

GRIEF WORKBOOK



GRIEF FEELS LIKE...

MUSIC CITY COUNSELOR

Grief looks different for everyone.

Circle the feelings and experiences you have had.

 Crying	 Tired	 Stomach aches	 Trouble focusing
 Not sleeping	 Lost interest in hobbies and activities	 Trouble eating	 Wanting to be alone

TIME TO LET GO...

MUSIC CITY COUNSELOR

"Little by little we let go of loss, but never of love."

Letting go of and releasing sad, painful feelings can help us grow in our grief. Write some of your feelings on the balloons and pretend to let them go into the air.

I miss you so much, Grandma.

I wish that I could bring you back.

Thanks for the happy memories.

THE STAGES OF GRIEF

Just like a flower, we grow and change in our grief over time.

 SHOCK	 ANGER	 DEAL-MAKING	 SADNESS	 PEACE

HOW DO YOU FEEL TODAY?

Circle the way you feel today.

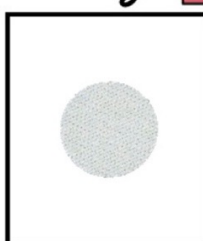
 Shocked	 Sad	 Angry	 Scared
 Hurt	 Lonely	 Calm	 Brave



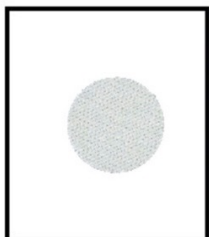
GRIEF LAP BOOK

Grief & Loss

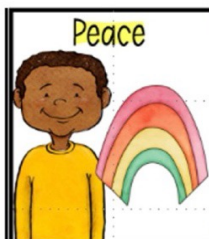
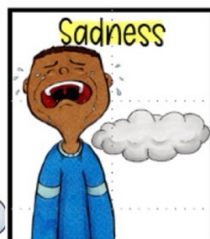
Today I FEEL



Today MY GRIEF feels like



MUSIC CITY COUNCIL



TO COPE I can...

Exercise, play

Staying active and getting fresh air helps you calm down and feel better.

Write or draw

Draw or write about your loved one or a happy memory together.

Ask questions

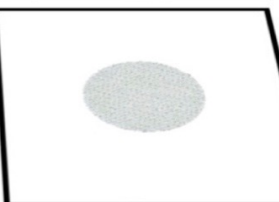
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Happy memories

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Talk it out

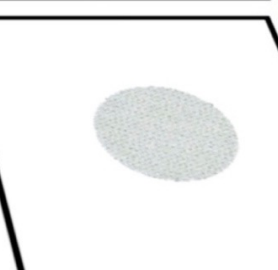
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Memory box

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Hug, love others

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"THE INVISIBLE STRING" Companion Lesson



The 5 Stages of Grief:

Circle the stages that you have experienced. Draw a star next to the stage that you are currently in.

How does grief feel in your body?
Circle your feelings and experiences.

 Trouble eating	 Difficulty sleeping	 Wanting
 Stomachaches	 Loss of interest in favorite things	

Let's learn to cope with our grief.

Someone I love died.

Write a name in the box below that you would like to try.

I am still connected to them by an Invisible String.

13 GRIEF STORIES

It's a COUNSELOR

Bessie Cow Learns about Loss



Bryan Learns about Loss



This is how I felt after I found out that _____ passed away.



FEELINGS Check-In

When I found out that _____ passed away I felt...

Shocked Sad Angry Confused Scared

Soon after they passed I felt...

Shocked Sad Angry Confused Scared

Now I feel...

My Memory Journal

Name: Joseph

