

COPING WITH

DIVORCE



Coping with Divorce Heart Breaks

Drag and Drop the coping skills (band-aids) you would use onto the broken heart to heal it. There is no wrong answer so think about what you would really use.

 Create a new family tradition at each home.	 Draw to express your feelings.	 Write in a journal.		 Talk to a Friend.	 Talk to a Counselor.
				 Try to look at the positive side.	 Open up to a trusted family member.
				 Participate in a support group.	





Coping with Divorce Heart Breaks

Session Objective:

- *Students will identify ways to cope with divorce.
- *Students will recognize coping skills that they would use to handle stressors.

Materials:

- *Scissors
- *Glue
- *Pencil
- *Heal my Broken Heart handouts.

Guiding Questions:

- *How can using coping skills help us deal with some difficult situations that occur with divorce?
- *Why is it important to know which coping skills we would/could use?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-management skills: Demonstrate effective coping skills when faced with a problem. (B-SMS 7)

SEL Competencies:

- *Self-awareness: recognizing strengths.
- *Self-management: stress management, self-discipline.
- *Responsible decision-making: solving problems.

Session Details (about 30 minutes)

*Heal my broken heart activity: Each student gets a broken heart page, and coping band aids. The band aids will need to be cut out. "There are many things about divorce that can break our hearts and hurt us, but there are ways to deal with the hurt and ways to feel better and mend your heart." Discuss some of the ways to cope with divorce listed on the band aids. "Cut out and paste the coping band aids that you think you would actually use or have used before to feel better onto your broken heart." Once students have covered their broken heart with band aids, have a discussion about which ones each student chose and why. Then complete the Divorce heart breaks and band aids handouts that go through common divorce heart breaks and have students put what they would use in those situations. Explain that there are no wrong answers.

Coping Skills



Go for a walk



Get some exercise.

Do something creative.



Play with a pet.



Do something relaxing.



Read a book.



Clean or organize.

Focus on a hobby.



Talk to someone

Do Yoga or meditate.



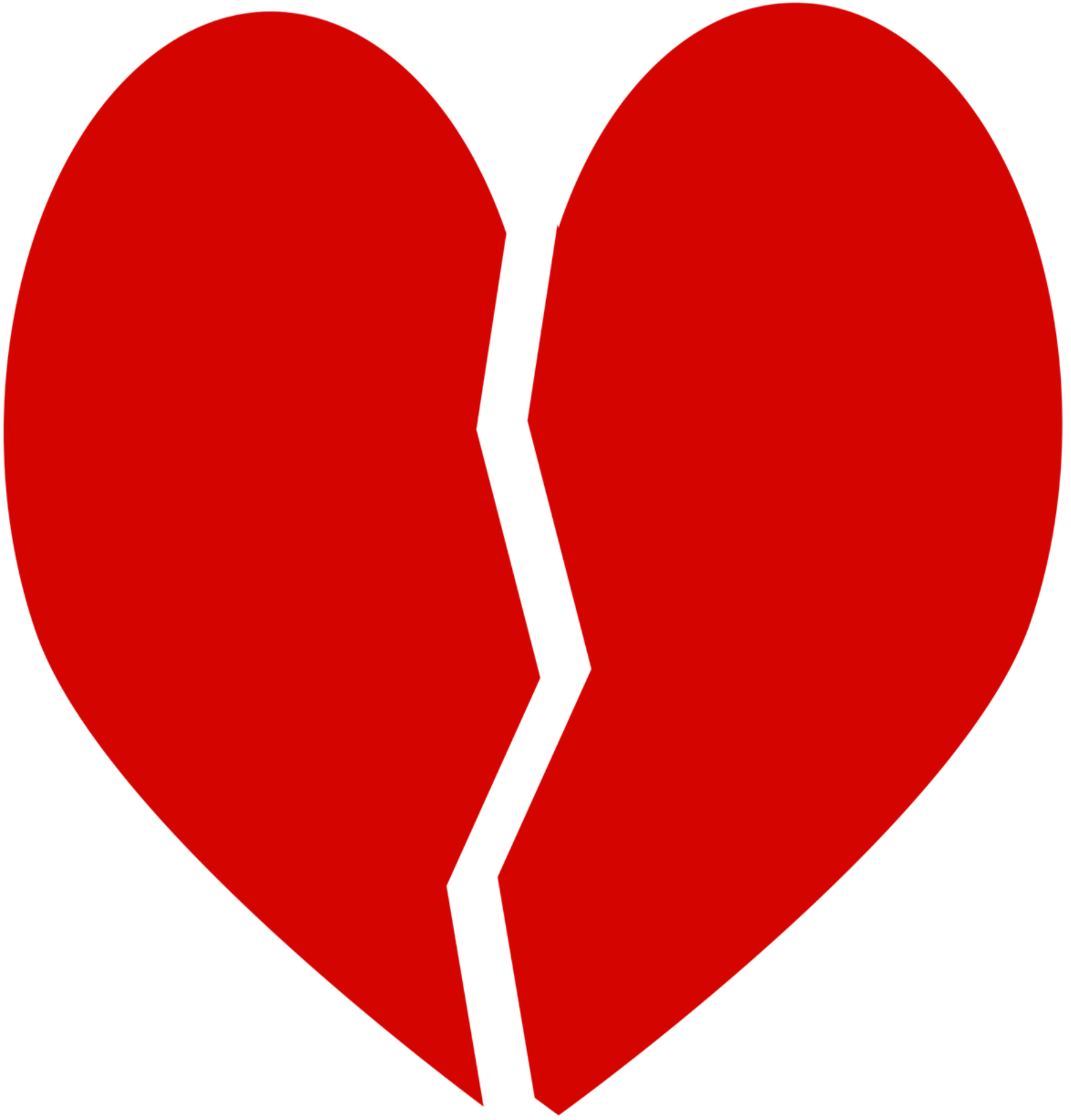
Listen to music.



Focus on what you can control.



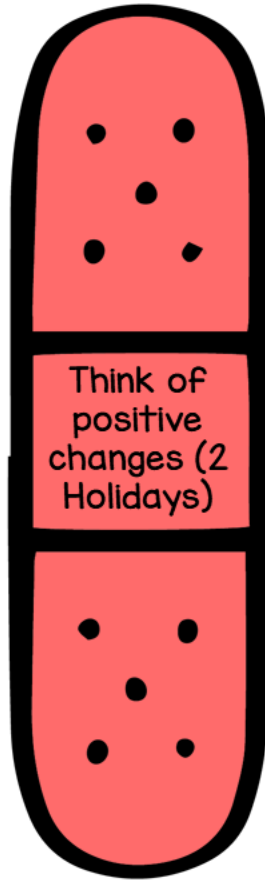
_____ 's Heart



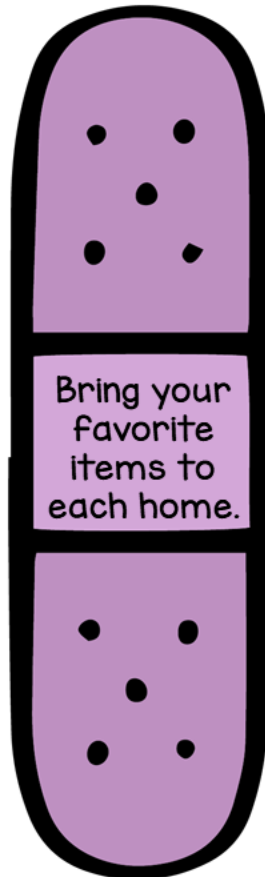
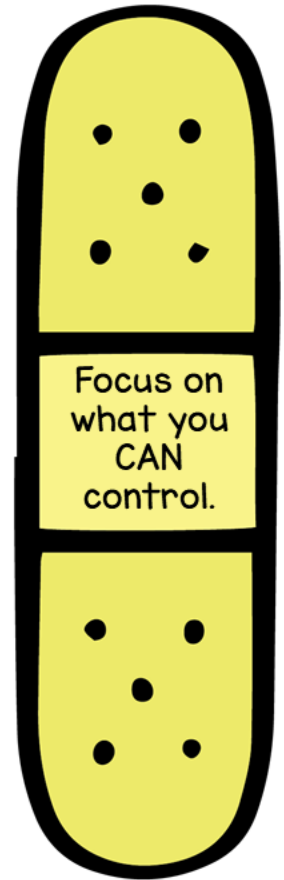
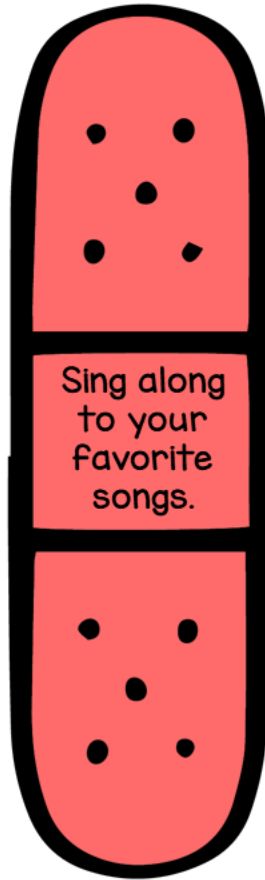
Coping Band-aids



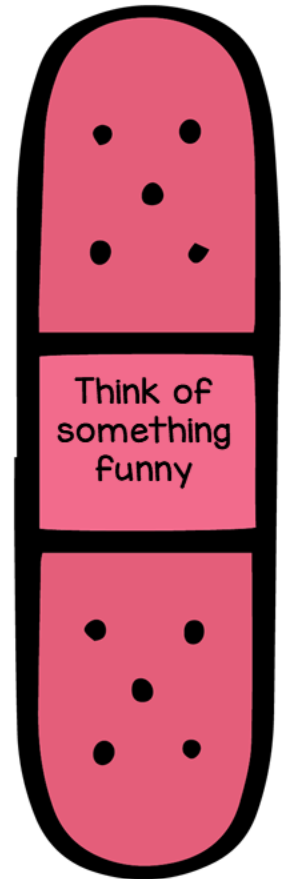
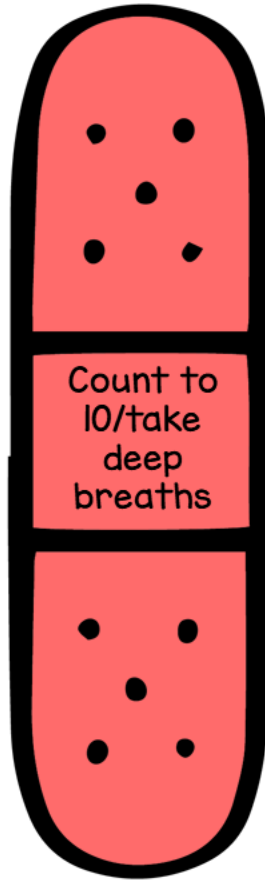
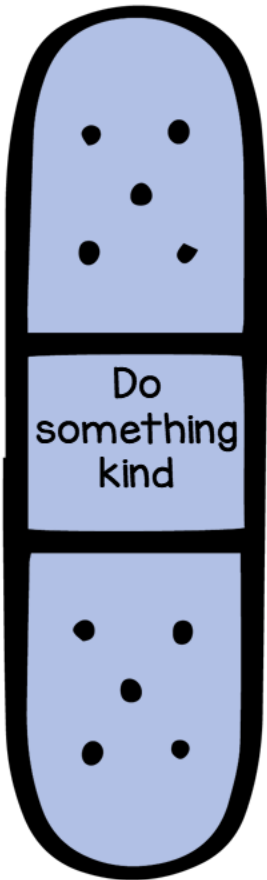
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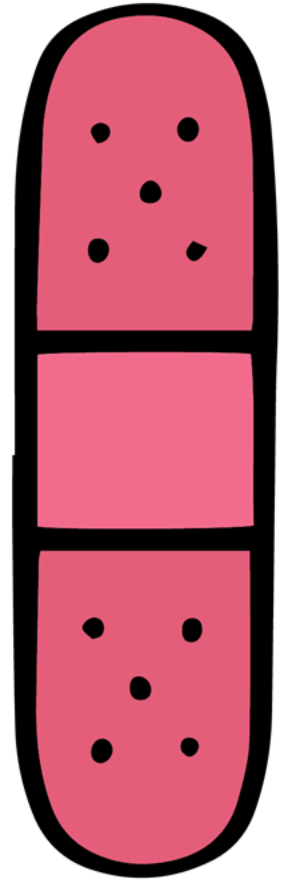
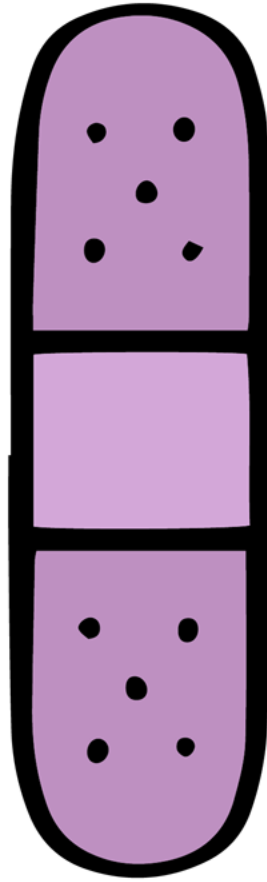
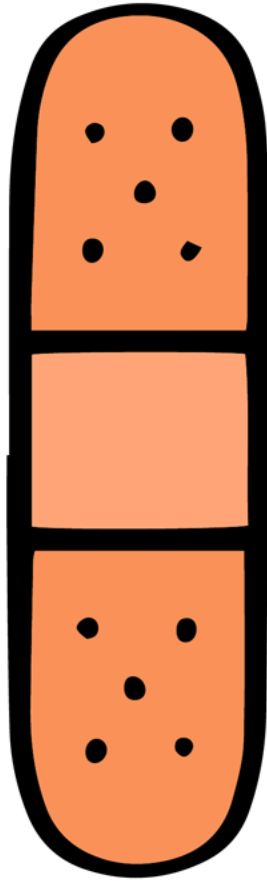
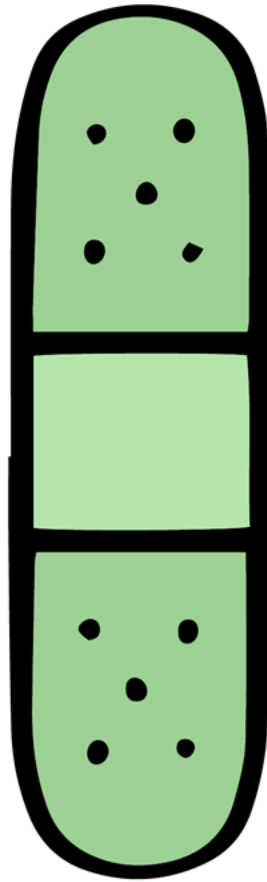
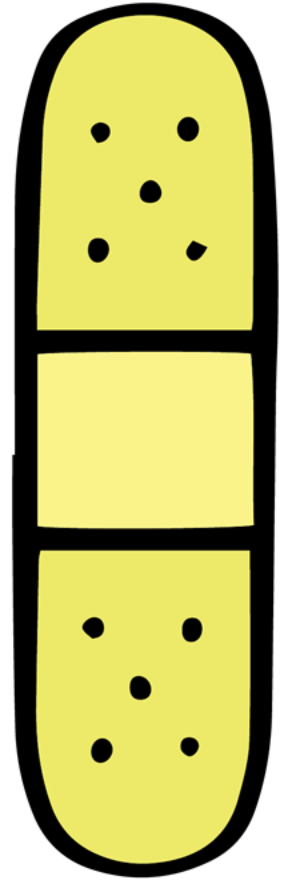
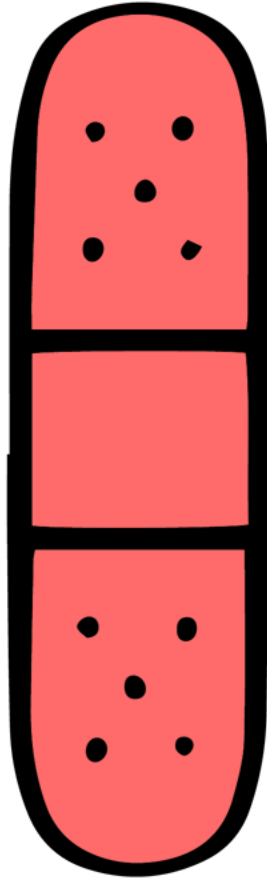
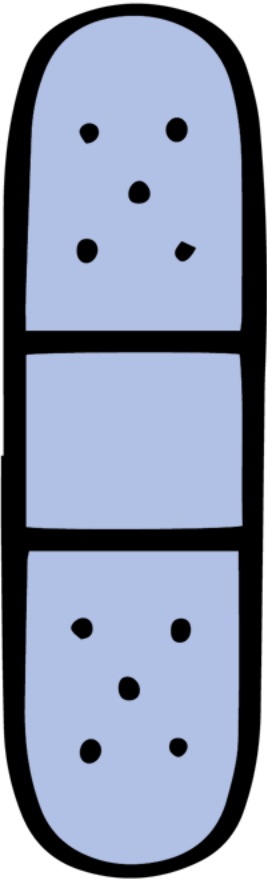
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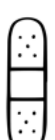
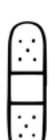


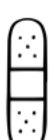
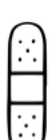


















Coping Band-aids



Coping with Divorce Heart Breaks

It breaks my heart when...  Pick a band aide that you would use

 One parent talks bad about the other parent.	 Talk to parent about your feelings.	 Hug your parent.	 Count to ten, take deep breaths.
 I am asked which parent I want to live with.	 Write in journal.	 Talk to a counselor.	 Use stress ball.
 I am asked to carry messages back and forth.	 Draw your feelings.	 Talk to parent about your feelings.	 Hug a pet or stuffed animal.
 I have to leave my friends behind and move to a new place.	 Think of positive changes	 Accept your new family situation.	 Join a club or sport.
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 I worry that it was my fault.	 Talk to a counselor.	 Talk to your sibling.	 Talk to a trusted family member.
 I am trying to keep track of my stuff from house to house.	 Bring favorite items to each home.	 Focus on what you can control.	 Talk to your parent.
 I miss the parent that I am not with.	 Hug pet/ stuffed animal.	 Do something you love.	 Write in your journal.





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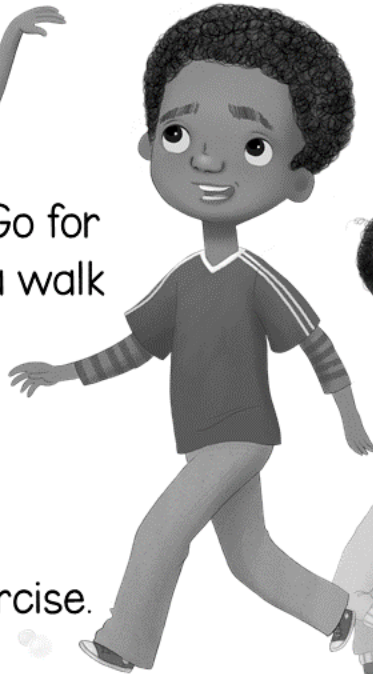
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Coping Skills

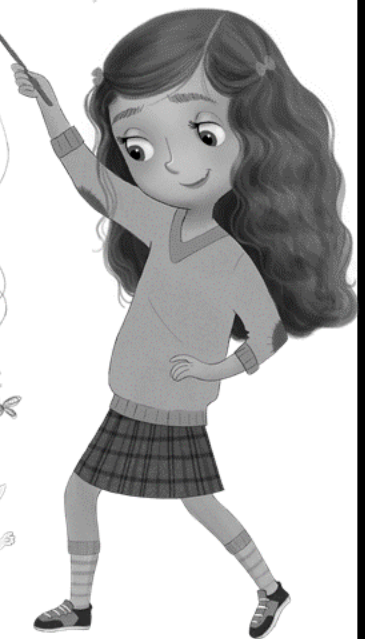


Go for a walk



Get some exercise.

Do something creative.



Play with a pet.



Do something relaxing.

Read a book.



Clean or organize.

Focus on a hobby.



Focus on what you can control.



Talk to someone

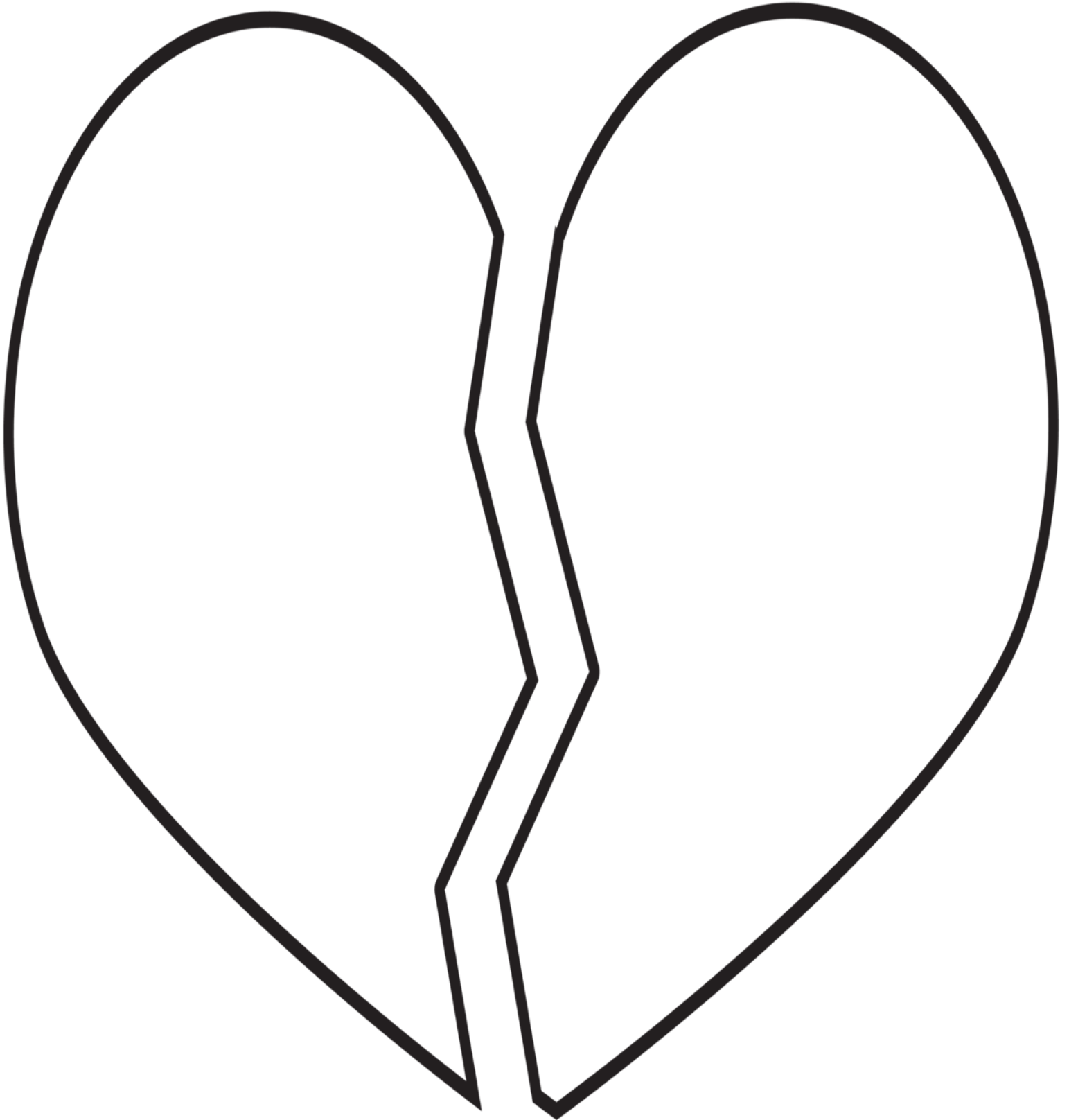
Do Yoga or meditate.



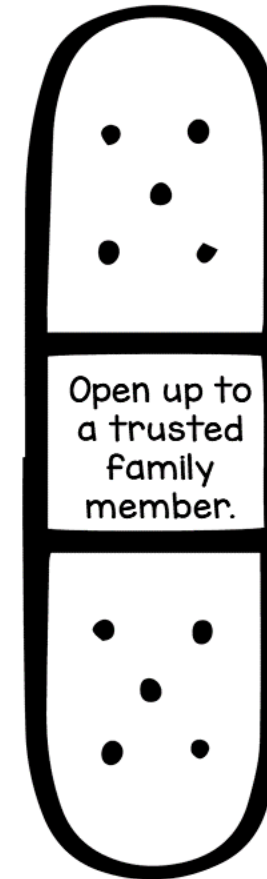
Listen to music.



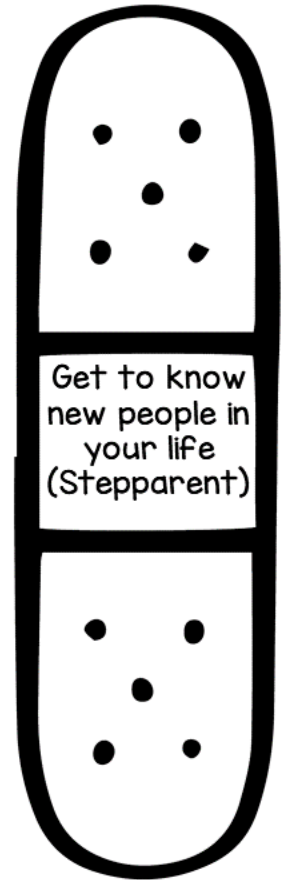
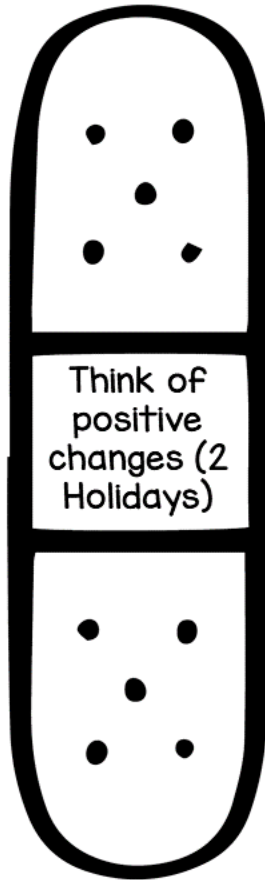
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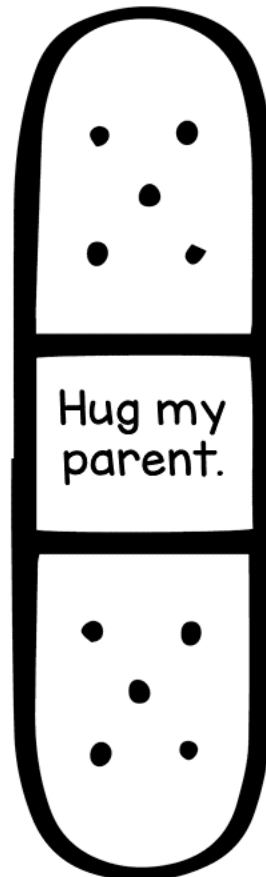
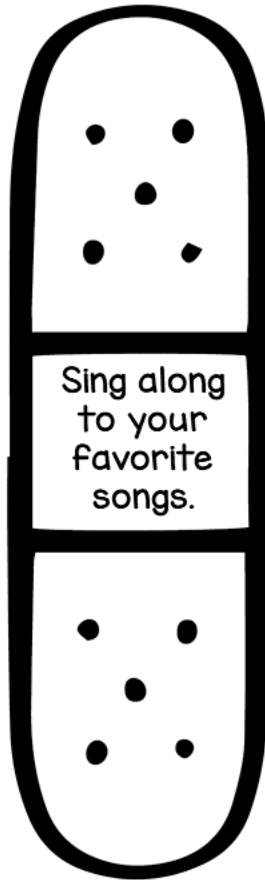
Coping Band-aids



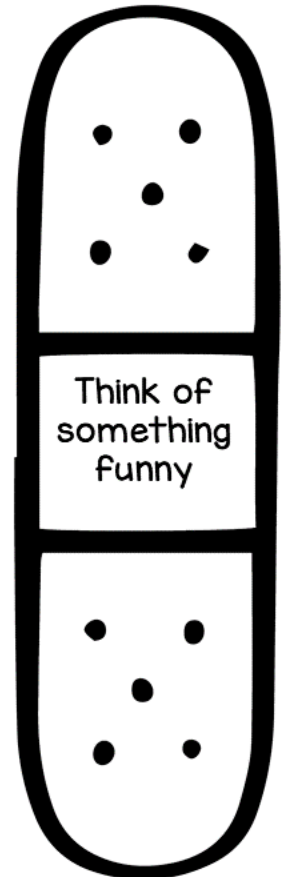
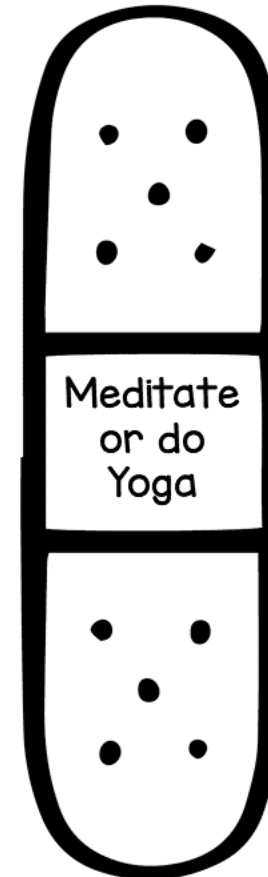
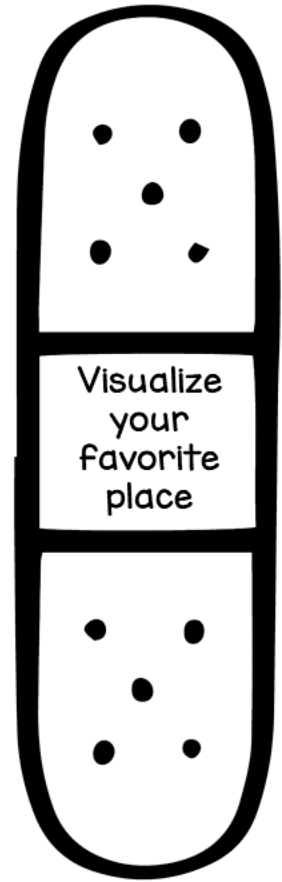
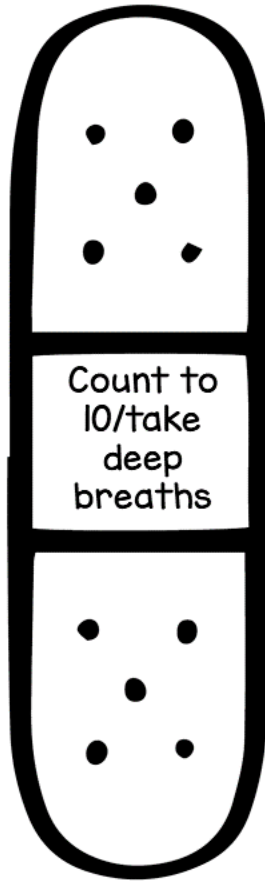
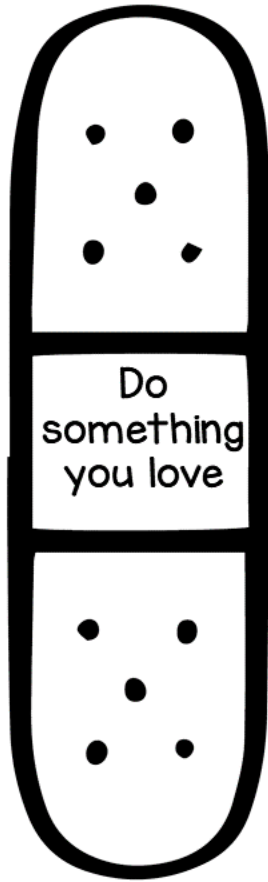
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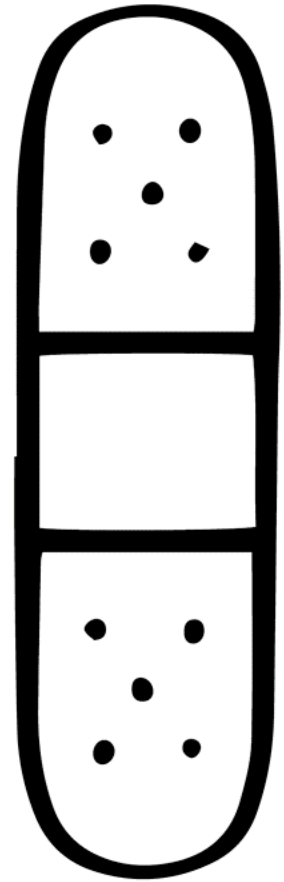
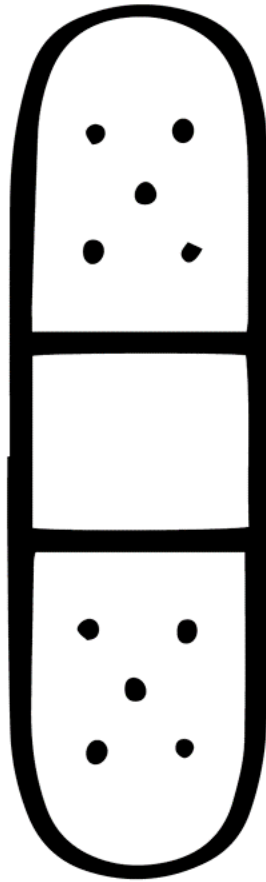
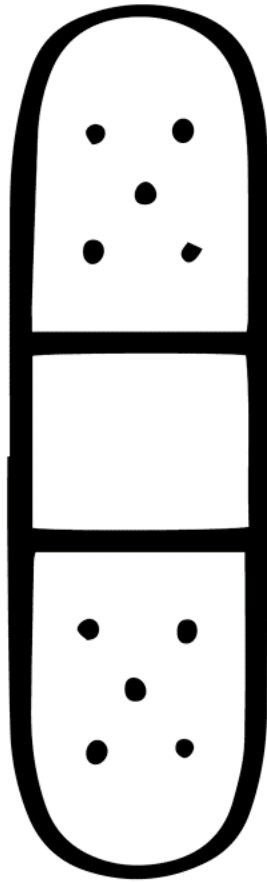
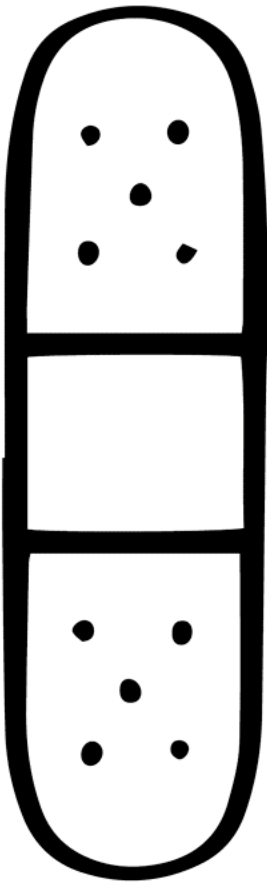
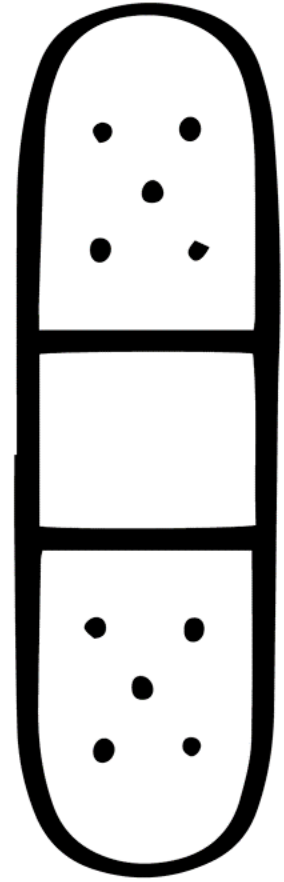
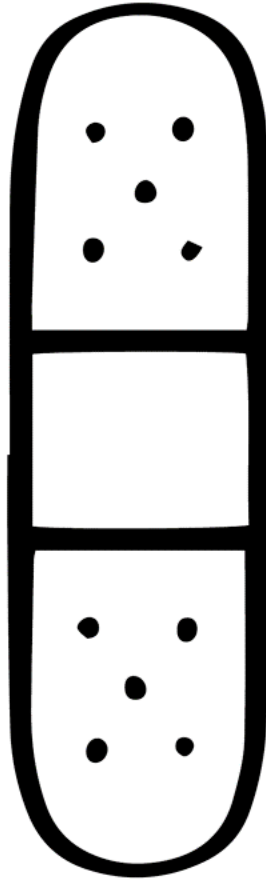
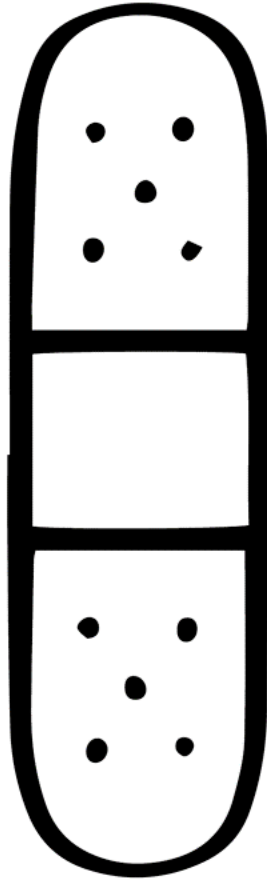
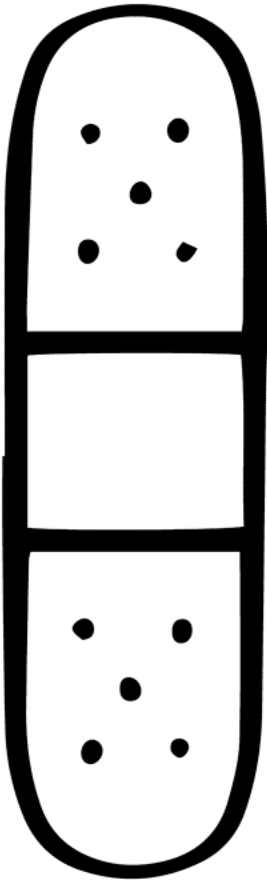
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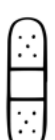
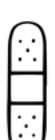


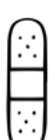
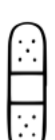


















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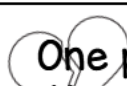




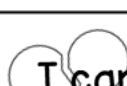
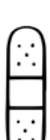
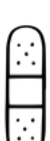



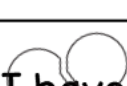



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GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Coping with Divorce](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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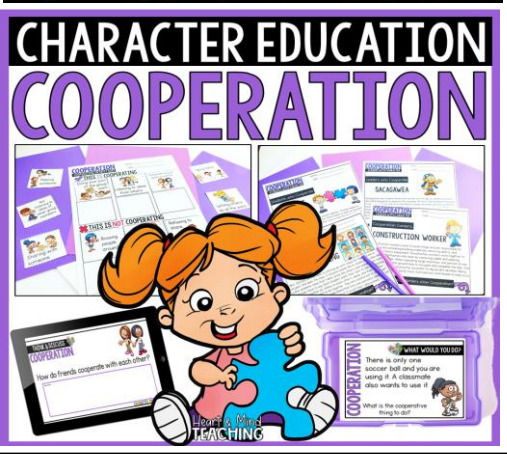
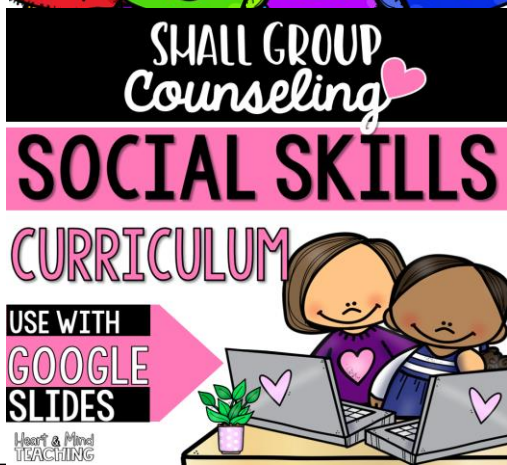
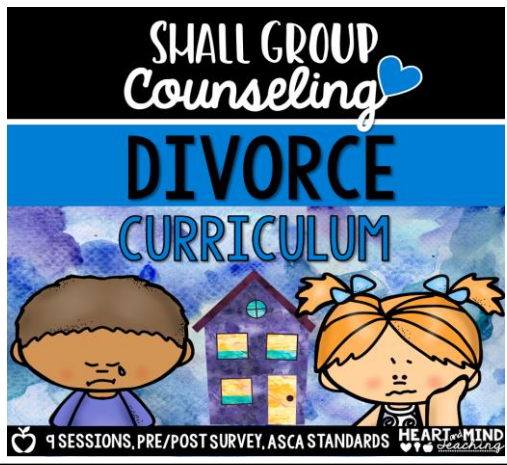
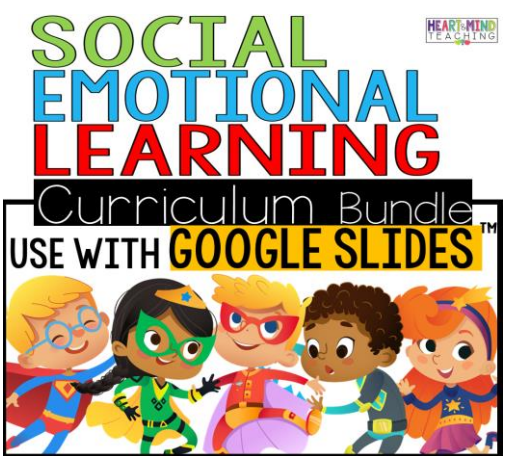
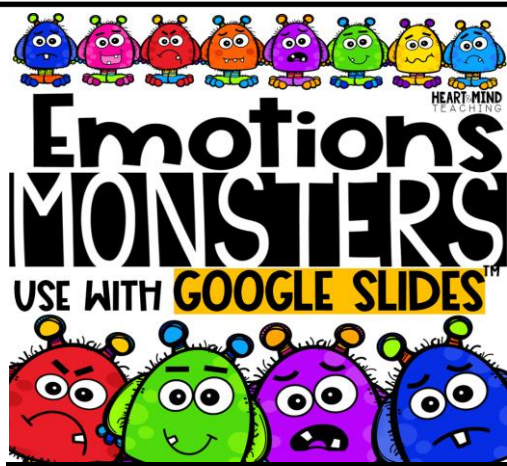
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