

DIVORCE

STORM

The Divorce Storm

	Feels like...	Looks like...
Embarrassed	Holding back tears Stomach in knots Hiding face Blushing/red face Head hanging low No eye contact	
Scared	Fast/heavy breathing Heart pounding Whimpering Hands shaking Knees like rubber	
Shocked	Mouth wide open Eyes popping out Sense of disbelief Fast beating heart Hands covering mouth	
Content	Smiling face Regular heartbeat Calm Comfortable Relaxed Regular breathing	

The Divorce Storm

Feels like...

Looks like...

Sad

Tears in my eyes
Quiet voice
Tired looking feet
Dragging feet
Slumped over head.



Cherry

Red hot face
Rounding heart
Clenched fist
Can not think
Fast breathing.

Worried

Sweating
Racing mind
Butterflies in tummy
Tensed up.

Confused

Questioning
Shuttering speech
Eye brow together

Sad



How I look when I am sad



Things that make me sad about the divorce:

1. Living in 2 houses.
2. Not seeing my dad a lot.
3. My parents not talking.
4. My mom being sad.
5. Not seeing my dog everyday.

How I feel when I am sad

Things I can do to not feel sad about the divorce:

- Write in my Journal.
- Listen to music.
- Think about happy things.
- Look on the bright side.
- Talk to my friends.

DIVORCE STORM

Session Objective:

- *Students will identify what different emotions feel and look like.
- *Students will recognize ways to cope with different emotions.

Materials:

- *Pencil
- *The Divorce Storm handouts.

Guiding Questions:

- *What are some emotions that divorce might make us feel?
- *Why is it important to understand what emotions we are feeling?
- *What are some similarities/differences we have regarding divorce?

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: identifying emotions, accurate self-perception.
- *Self-management: stress management, self-discipline.
- *Responsible decision-making: evaluating.

Session Details (about 30 minutes)

*The Divorce Storm Activity: "A divorce can sometimes feel like a bad storm, unpredictable and scary. Just like a storm has many different expressions (rain, lightning, wind) so do we as humans going through divorce (sad, angry, confused). Let's discuss some of those different emotions that we may feel. The first is sad, what does sad feel like? What does it look like? It may be different from person to person." Use the completed pages as a guide for student responses. Complete the rest of the emotions together on the chart. Next, work together to complete each emotion page. Compare what some students have in common, help them come up with the ways to recover from this emotion. "Once we are able to recognize an emotion or feeling, or become self-aware, we can do things to help us overcome that emotion and prevent us from feeling like that for too long."

*Google Slides link on page 28.



DIVORCE STORM

Feels like...

Looks like...



Tears in eyes
Hanging head low
Quiet/shaky voice
Trembling lips
Dragging feet
Tiredness



Face gets hot/red
Pounding heart
Breathing faster
Clenched fist/jaw
Thinking shuts down



Tapping hands/feet
Sweating/feeling hot
Mind racing
Tense
Butterflies in stomach



Eyebrows scrunched together
Stuttering speech
Tense
Questioning look





DIVORCE STORM

Feels like...

Looks like...



Embarrassed

Holding back tears
Stomach in knots
Hiding face
Blushing/red face
Head hanging low
No eye contact



Scared

Fast/heavy breathing
Heart pounding
Whimpering
Hands shaking
Knees like rubber



Shocked

Mouth wide open
Eyes popping out
Sense of disbelief
Fast beating heart
Hands covering mouth



Content

Smiling face
Regular heartbeat
Calm
Comfortable
Relaxed
Regular breathing





DIVORCE STORM

Feels like...

Looks like...





DIVORCE STORM

Feels like...

Looks like...



Embarrassed



Scared



Shocked



Content



Things that make me sad about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am sad:



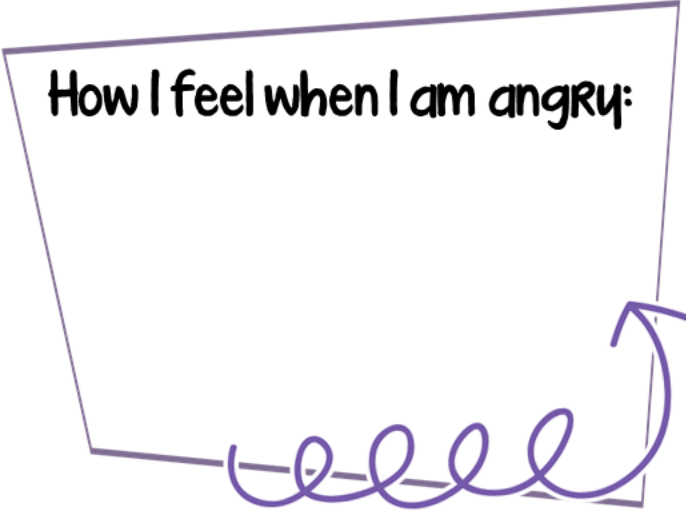
Things I can do to not feel sad about the divorce:





Things that make me angry about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



Things I can do to not feel angry about the divorce:





How I look
when I am worried:

Worried



Things that make me
worried about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am worried:



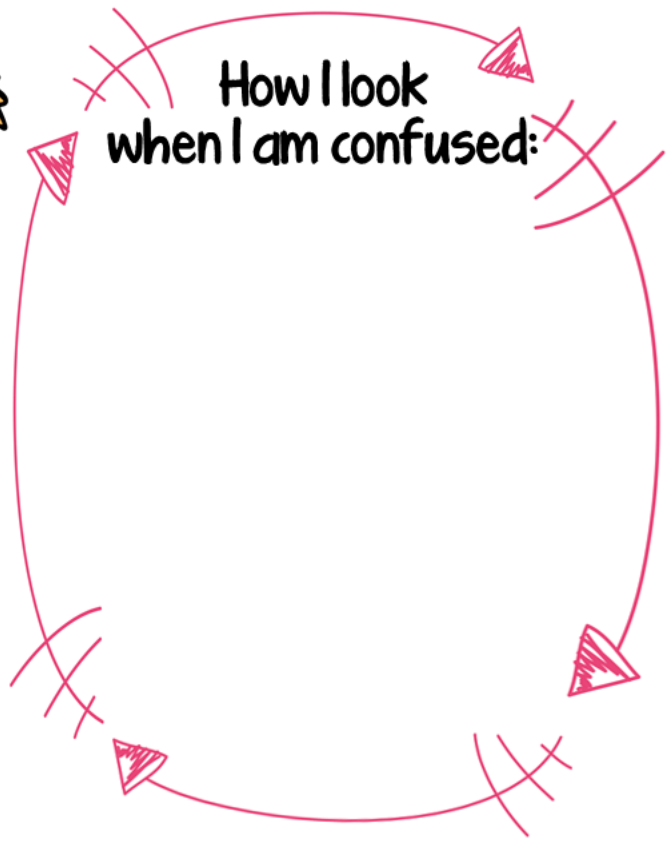
Things I can do to not feel worried about the divorce:





Confused

How I look when I am confused:



Things that make me confused about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.

How I feel when I am confused:



Things I can do to not feel confused about the divorce:





How I look when I am embarrassed:

Embarrassed

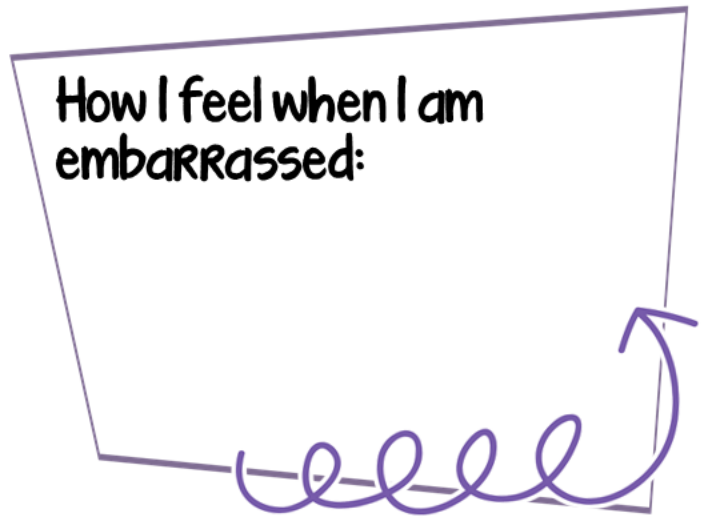


Things that make me embarrassed about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am embarrassed:



Things I can do to not feel embarrassed about the divorce:





Scared

How I look
when I am scared:

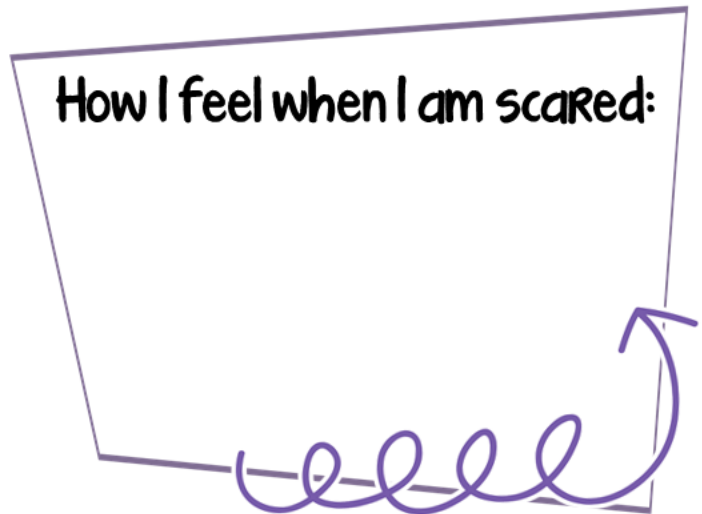


Things that make me
scared about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am scared:



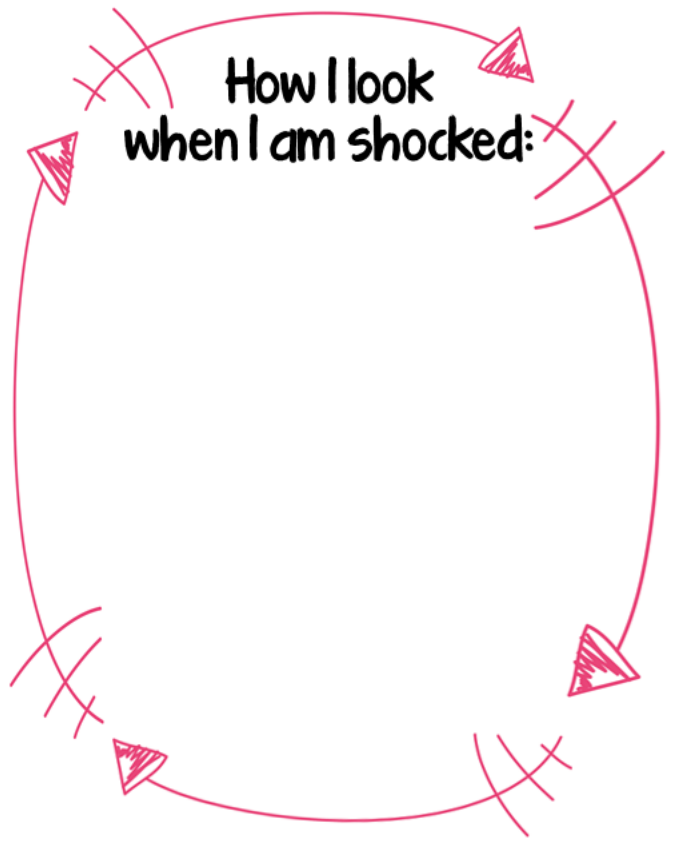
Things I can do to not feel scared about the divorce:





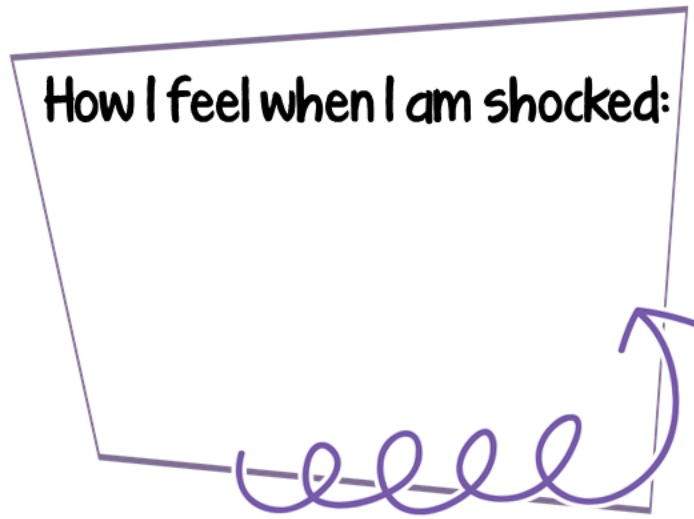
Shocked

How I look
when I am shocked:



Things that make me
shocked about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



Things I can do to not feel shocked about the divorce:





How I look
when I am content:

Content



Things that make me
content about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am content:



Things I can do to feel content about the divorce:



DIVORCE STORM

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Tears in eyes
Hanging head low
Quiet/shaky voice
Trembling lips
Dragging feet
Tiredness



Face gets hot/red
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Clenched fist/jaw
Thinking shuts down



Tapping hands/feet
Sweating/feeling hot
Mind racing
Tense
Butterflies in stomach



Eyebrows scrunched together
Stuttering speech
Tense
Questioning look





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Looks like...



Embarrassed

Holding back tears
Stomach in knots
Hiding face
Blushing/red face
Head hanging low
No eye contact



Scared

Fast/heavy breathing
Heart pounding
Whimpering
Hands shaking
Knees like rubber



Shocked

Mouth wide open
Eyes popping out
Sense of disbelief
Fast beating heart
Hands covering mouth



Content

Smiling face
Regular heartbeat
Calm
Comfortable
Relaxed
Regular breathing





DIVORCE STORM

Feels like...

Looks like...





DIVORCE STORM

Feels like...

Looks like...



Embarrassed



Scared

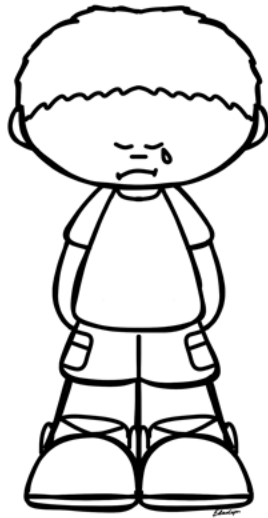


Shocked



Content

Sad



Things that make me sad about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



Things I can do to not feel sad about the divorce:





How I look
when I am angry:



Things that make me angry
about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am angry:



Things I can do to not feel angry about the divorce:





How I look
when I am worried:



Worried

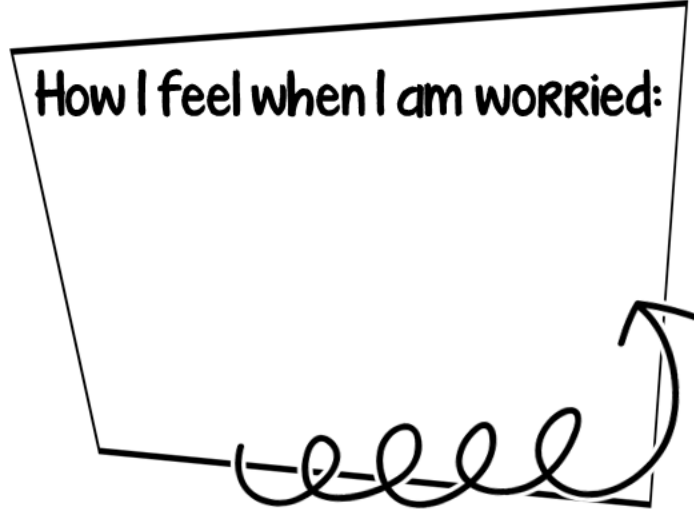


Things that make me
worried about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am worried:



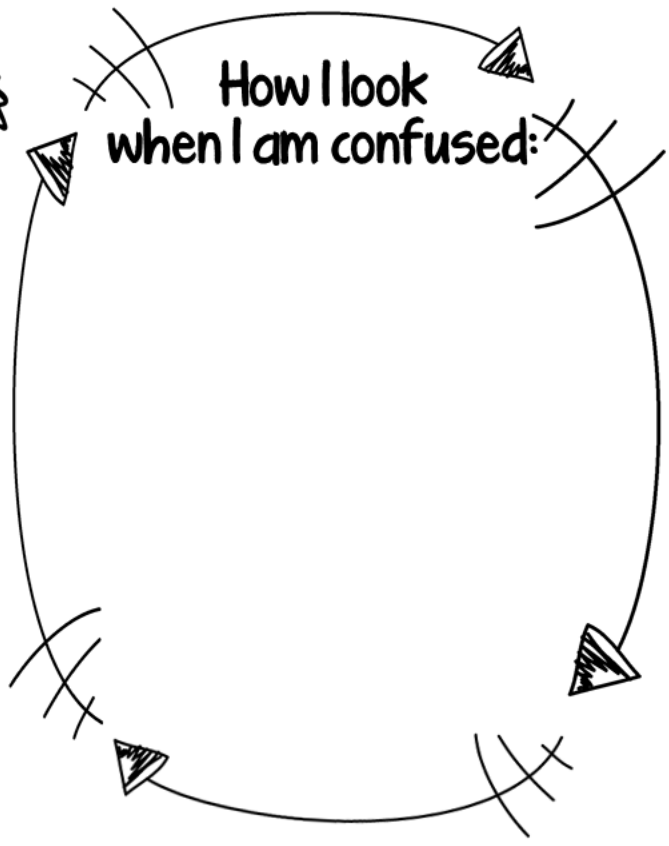
Things I can do to not feel worried about the divorce:





Confused

How I look when I am confused:



Things that make me confused about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.

How I feel when I am confused:



Things I can do to not feel confused about the divorce:





Embarrassed

How I look when I am embarrassed:



Things that make me embarrassed about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am embarrassed:



Things I can do to not feel embarrassed about the divorce:





Scared



Things that make me scared about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.

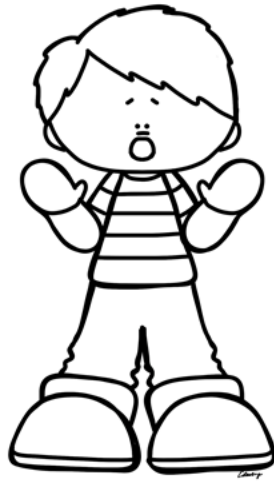


How I feel when I am scared:



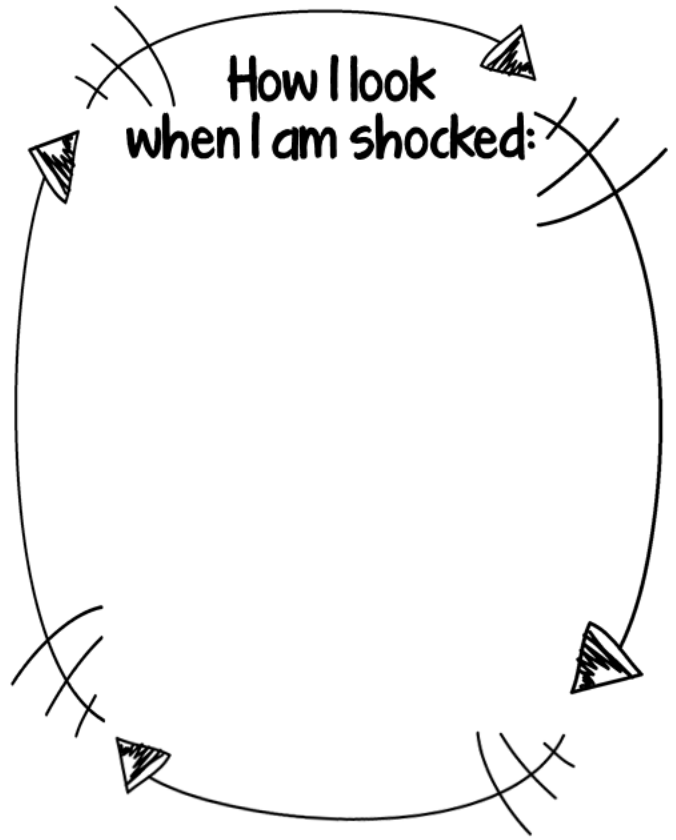
Things I can do to not feel scared about the divorce:





Shocked

How I look
when I am shocked:



Things that make me
shocked about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.

How I feel when I am shocked:

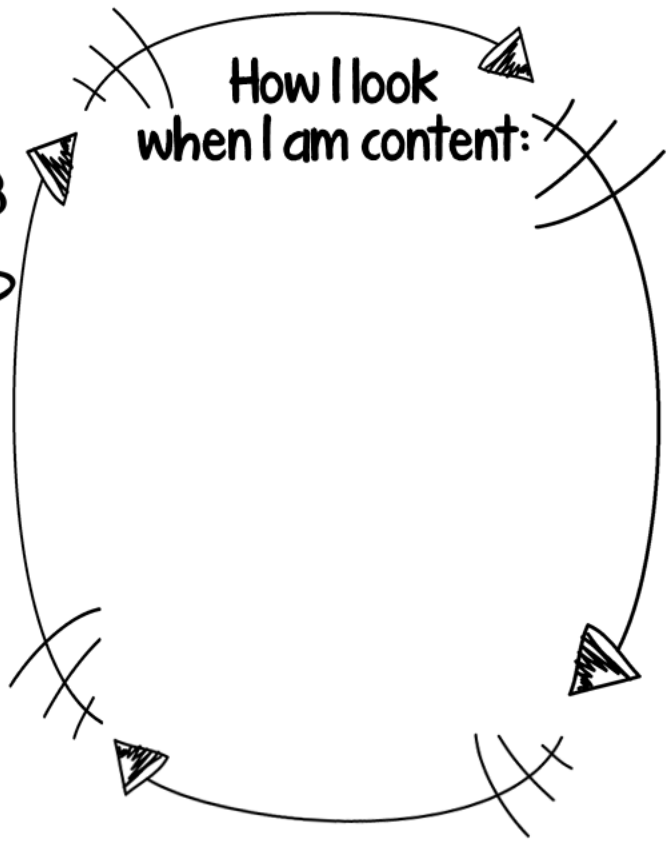


Things I can do to not feel shocked about the divorce:





How I look
when I am content:



Content

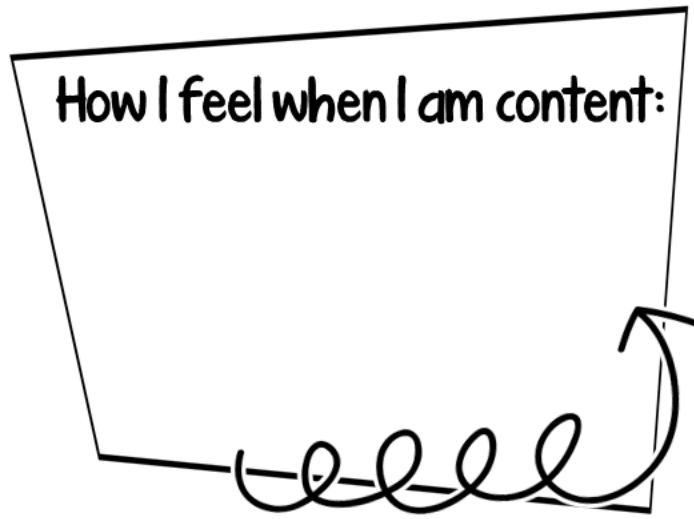


Things that make me
content about the divorce:

- 1.
- 2.
- 3.
- 4.
- 5.



How I feel when I am content:



Things I can do to feel content about the divorce:



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1 Click here  [The Divorce Storm](#)

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!

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

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



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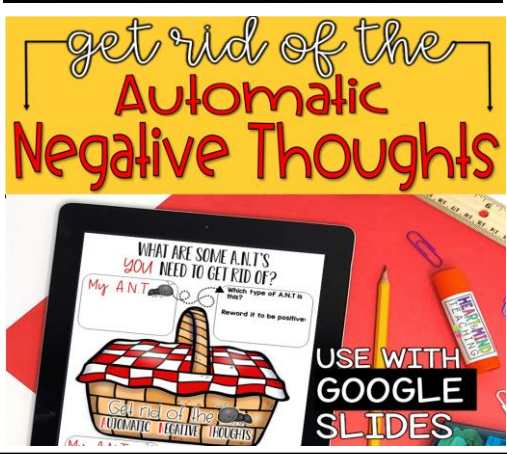
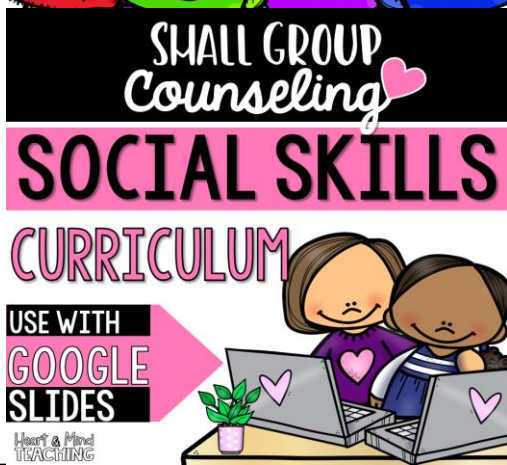
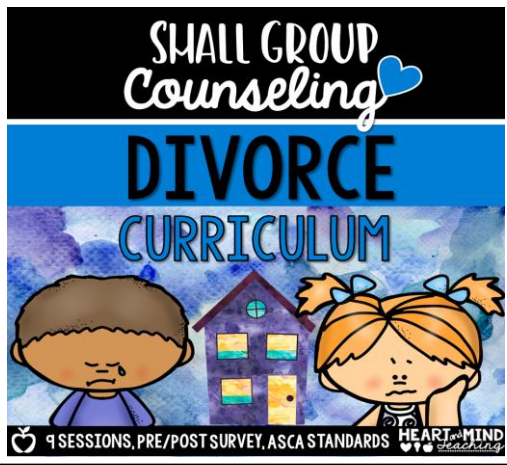
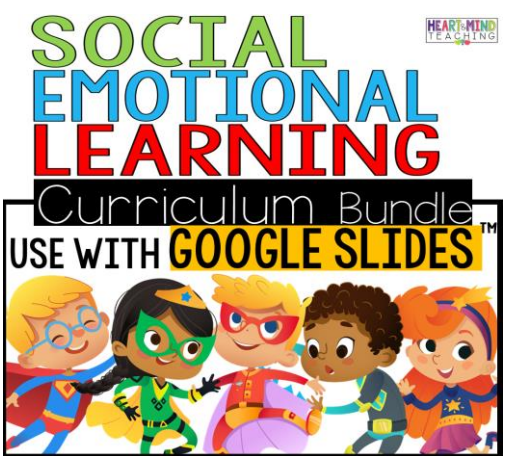
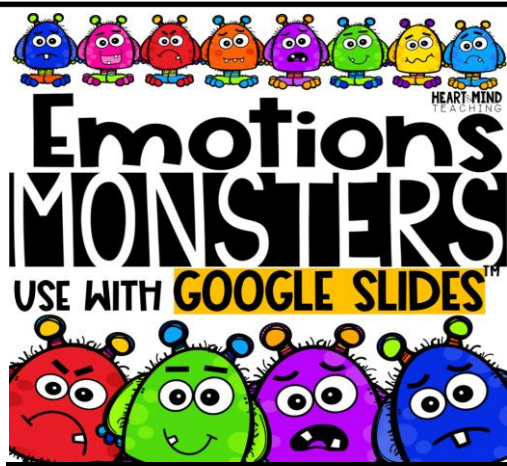
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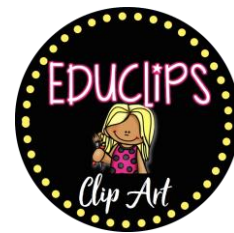
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[Gayle McGlaulin](#)