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Library



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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

♥
Ashley

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 Shelf](#)

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 \(youtube video\)](#)

The graphic features the words "COPING with Grief SHELF" in a stylized, bold font. The word "COPING" is the largest and is white with a black outline. Below it, "with Grief" is in a smaller, black font. "SHELF" is also large and white with a black outline. Behind the text, there are several colorful markers (red, green, blue, yellow) and a stack of books, suggesting a creative or educational activity.

COPING with Grief SHELF

Session Objective:

*Students will identify coping skills.

Materials:

*Cut/paste option: p. 4-7 or shorter write-in option: p. 9

*Example of completed Coping Shelf is on page eight.

Guiding Questions:

*What are ways to cope with grief?

*How can using coping skills help us to go through the grieving process?

Session Details

*Say "Today we are going to be learning about how to cope with grief using coping skills. There are many different coping skills and some of them may help you or may not. It's important to identify which coping skills work best for you, that way you know what to do when you feel grief coming on. We are going to build a coping bookshelf that has the best coping skills for us." Show students the coping skills list handout. "Let's look at the variety of coping skills available". Give each student their own Coping shelf and set of cut-out books (coping skills) or for a quicker option, use the completed bookcase with empty books to write coping skills on (page nine). You want to have a set of coping skills printed for each kid. They can write their names on the bottom of their book shelf. "This is your coping bookshelf, think about all of the coping skills we just reviewed and which ones you might use or have used successfully before to cope with grief. I am going to read some grief scenarios and each of you will add a coping skill to your bookshelf based on which ones you would use when faced with that situation. You can add more than one to your bookshelf if needed. There are no wrong answers, it is simply what you feel would help you best. For each coping skill selected, please provide an explanation of how you would use it being as specific as possible. Think of the coping bookshelf as your grief toolbox and you are deciding what to use to help cope with grief. Once you complete all the scenarios, have students complete the reflection page. Students should keep their coping bookshelf (have them glue their favorite coping skills to it) as a reminder of what to do when they need to cope with grief.

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: Ability to identify and overcome barriers. (B-SMS 6)

*Behavior: Self-Management: Effective Coping Skills. (B-SMS 7)

SEL Competencies:

*Self-Management: Stress Management.

COPING SHELF

A graphic of a shelf with two yellow shelves and a brown frame. The top shelf is empty. The bottom shelf is empty. The frame is brown with a black outline. The shelves are yellow with a black outline.

Think of
positive memories

Make a gratitude
list

Talk to someone

Deep breathing.

Draw, color, paint

Self-care

Exercise

Enjoy nature.

Join a support
group

Say positive
affirmations

Maintain
Routines

Create a memorial

Do something
creative

Reach out to a friend
who is also grieving

Watch a movie

Do yoga

Write in a journal

Read a book

Allowing emotions

Take a walk

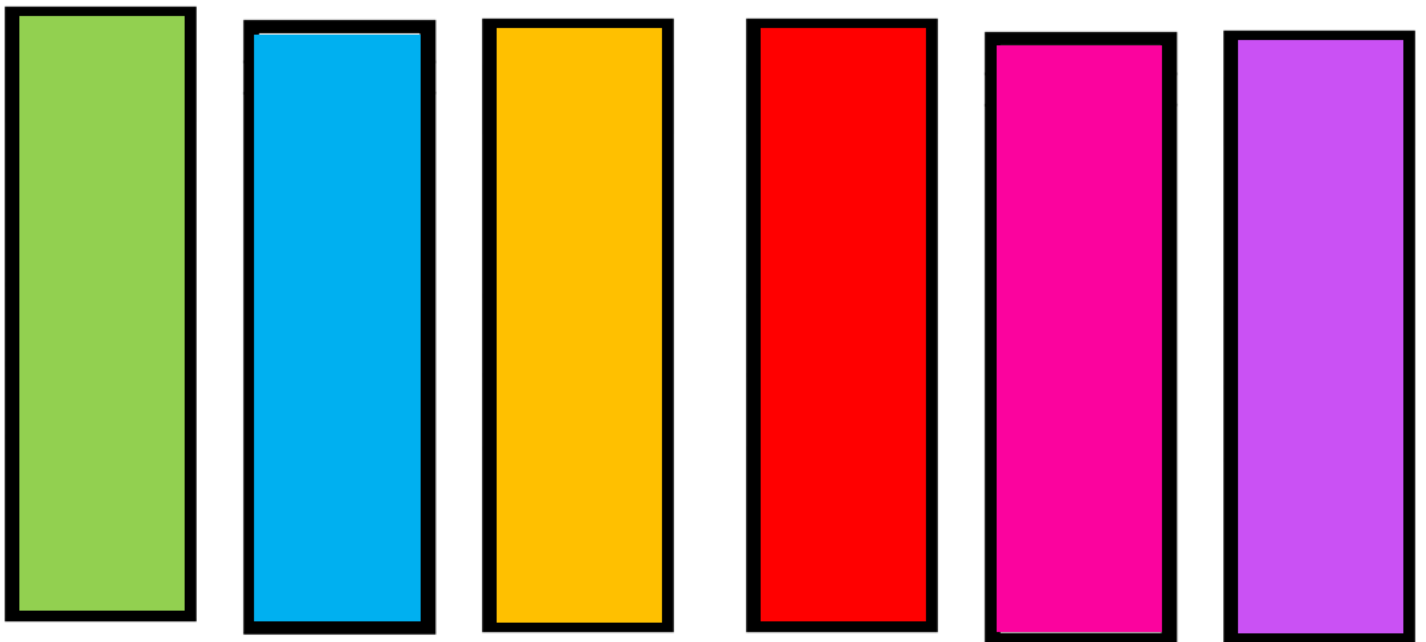
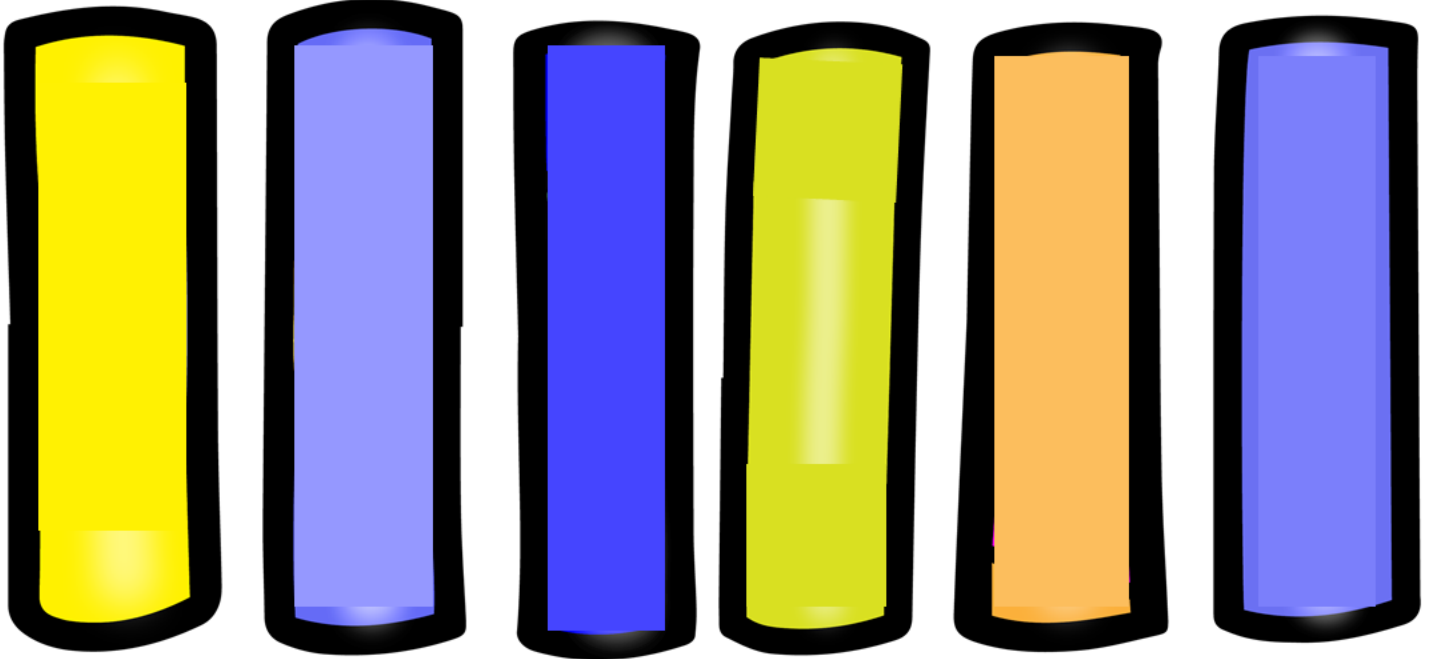
Set small
achievable goals

Reach out to family
and/or friends

Engage in
hobbies

Listen to music

Write in your own coping skills!



COPING SKILLS

Think of
positive memories

Make a gratitude
list

Talk to someone

Deep breathing.

Draw, color, paint

Self-care

Exercise

Enjoy nature.

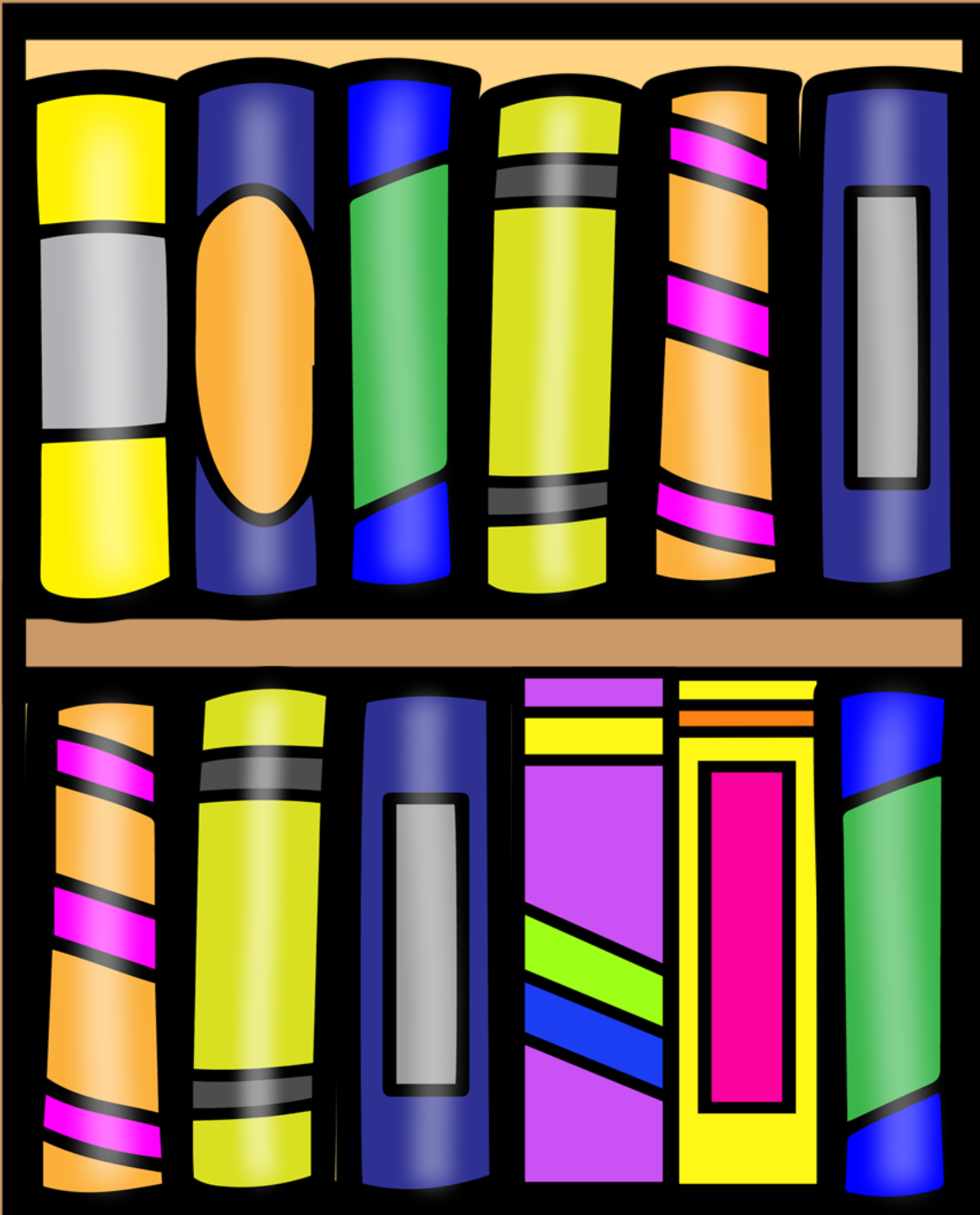
Join a support
group

Say positive
affirmations

Maintain
Routines

Create a memorial

COPING SKILLS



Grief Scenarios



You blame yourself for the death.



You are sad and feel like you are going to cry.



People keep asking you how you are doing after the loss.



It seems like everyone is moving on after the death, and you can't seem to.



You feel bad about doing anything that brings you happiness because you feel like you should still be sad.



You are worried about how your family is coping.



You are worried about the future without the person who died.

Grief Scenarios



You blame someone for the death.



You are angry all the time and feel like it won't get better.



You still have a lot of questions about the loss.



People keep telling you how you should think or what you should do after the loss.



You worry about death and what happens after death.



You are worried about losing another person in your life.



When you see others happy, it makes you angry.

Grief Scenarios



You regret something you did or said to the person who died.



You wish they would not have died.



You wish circumstances about how they died could have been different.



You regret the relationship you had with the person who died.



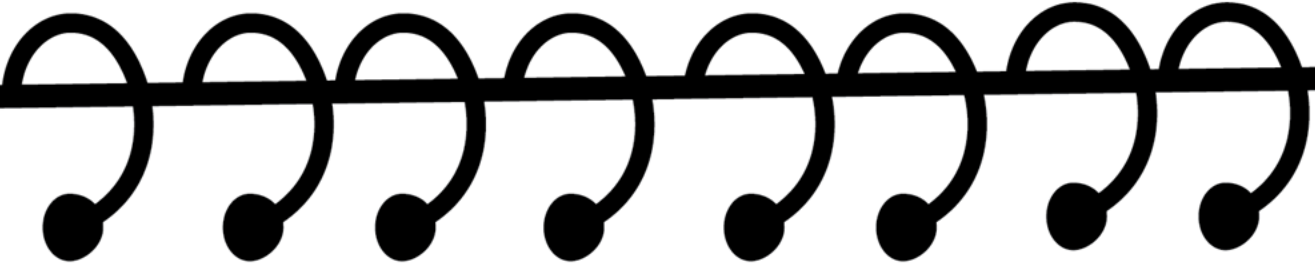
You miss the person who died.



You miss the life you had before the person died.



You wonder if your life will ever feel normal again.



What Coping Skill do you think helps you the most and why?

What Coping Skill do you want to try to use more and why?



What coping skill do you think does not help you and why?

Black & White
Version

The graphic features the word "COPING" in large, bold, white letters with a black outline, positioned above the words "with Grief" in a smaller, black, sans-serif font. Below this, the word "SHELF" is written in large, bold, white letters with a black outline. The background of the graphic shows a stack of books and several pencils standing upright, suggesting a library or a collection of resources.

COPING with Grief SHELF

Session Objective:

*Students will identify coping skills.

Materials:

*Handouts, pencils, scissors, glue.

*Example of completed Coping Shelf is on page eight.

Guiding Questions:

*What are ways to cope with grief?

*How can using coping skills help us to go through the grieving process?

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

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*Say "Today we are going to be learning about how to cope with grief using coping skills. There are many different coping skills and some of them may help you or may not. It's important to identify which coping skills work best for you, that way you know what to do when you feel grief coming on. We are going to build a coping bookshelf that has the best coping skills for us." Show students the coping skills list handout. "Let's look at the variety of coping skills available". Give each student their own Coping shelf and set of cut-out books (coping skills). You want to have a set of coping skills printed for each kid. They can write their names on the bottom of their book shelf. "This is your coping bookshelf, think about all of the coping skills we just reviewed and which ones you might use or have used successfully before to cope with grief. I am going to read some grief scenarios and each of you will add a coping skill to your bookshelf based on which ones you would use when faced with that situation. You can add more than one to your bookshelf if needed. There are no wrong answers, it is simply what you feel would help you best. For each coping skill selected, please provide an explanation of how you would use it being as specific as possible. Think of the coping bookshelf as your grief toolbox and you are deciding what to use to help cope with grief. Once you complete all the scenarios, have students complete the reflection page. Students should keep their coping bookshelf (have them glue their favorite coping skills to it) as a reminder of what to do when they need to cope with grief.

COPING SHELF

A large, empty rectangular box with a thick black border, occupying the central portion of the page. It is designed for a student to draw or write their coping strategies.

Think of
positive memories

Make a gratitude
list

Talk to someone

Deep breathing.

Draw, color, paint

Self-care

Exercise

Enjoy nature.

Join a support
group

Say positive
affirmations

Maintain
Routines

Create a memorial

Do something
creative

Reach out to a friend
who is also grieving

Watch a movie

Do yoga

Write in a journal

Read a book

Allowing emotions

Take a walk

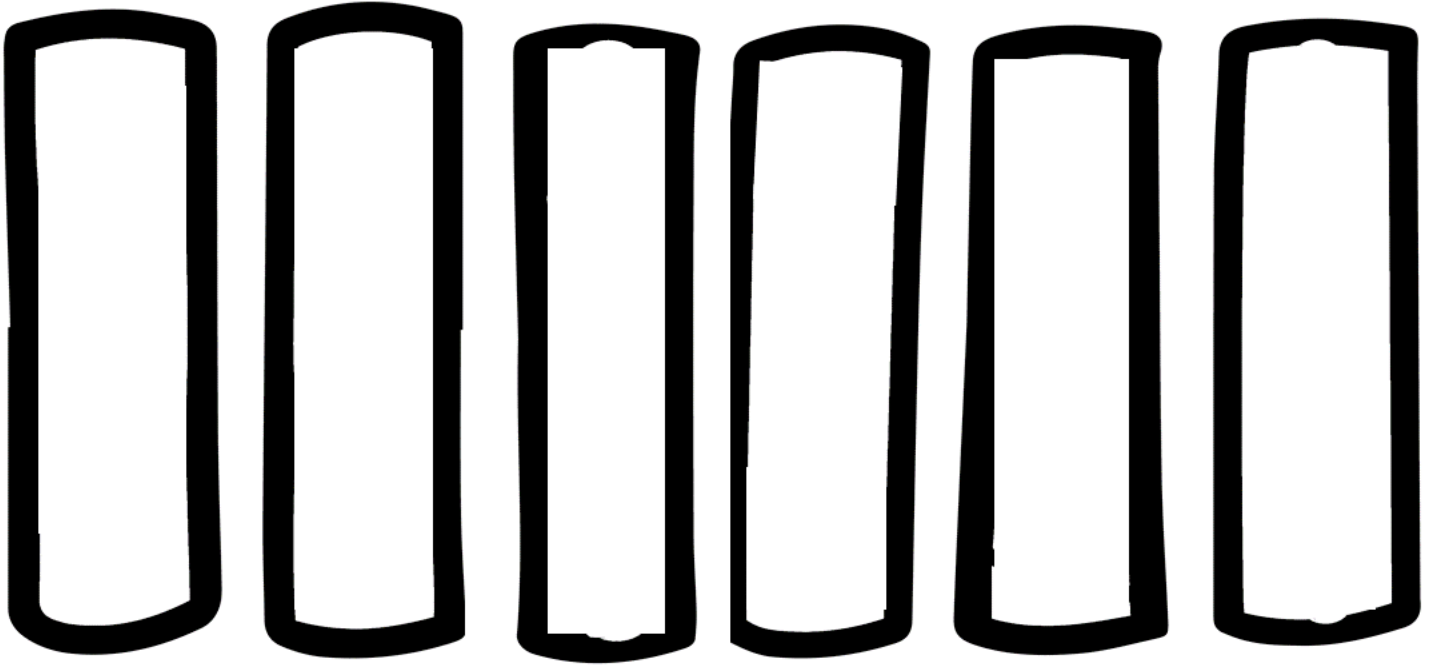
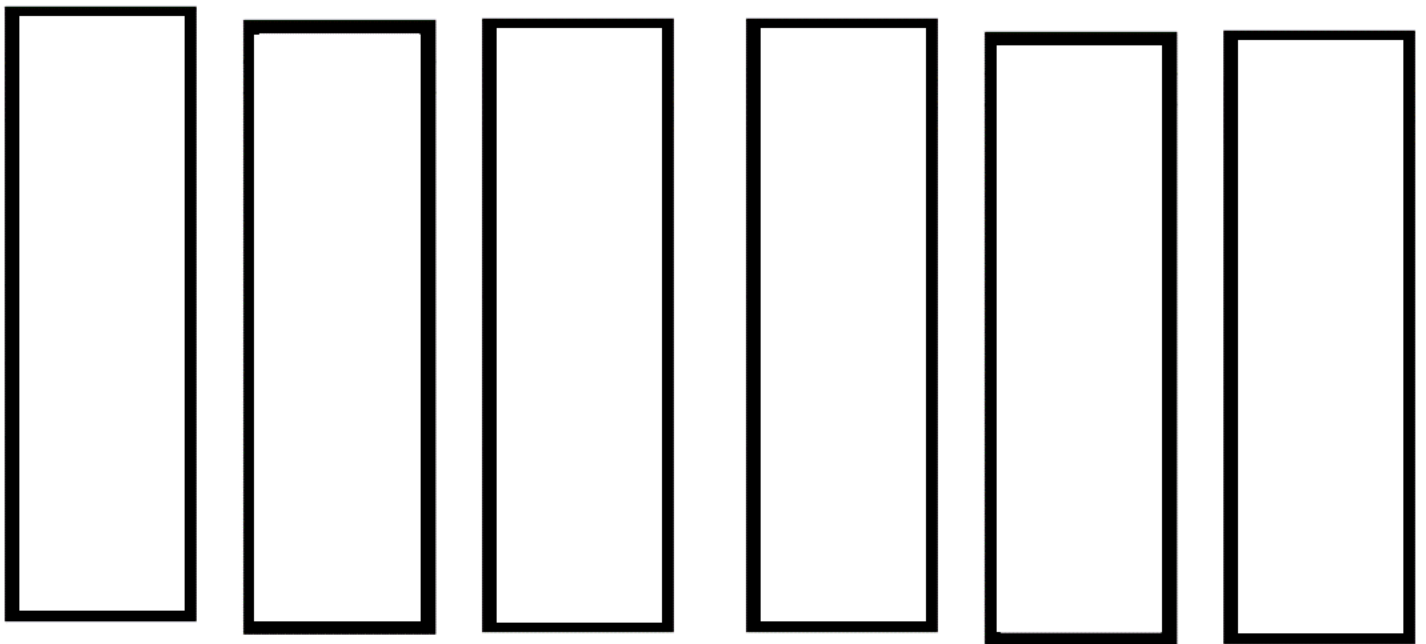
Set small
achievable goals

Reach out to family
and/or friends

Engage in
hobbies

Listen to music

Write in your own coping skills!

A row of six vertical, rounded rectangular boxes with thick black outlines, intended for writing coping skills.A row of six vertical, rectangular boxes with thick black outlines, intended for writing coping skills.

COPING SKILLS

Think of
positive memories

Make a gratitude
list

Talk to someone

Deep breathing.

Draw, color, paint

Self-care

Exercise

Enjoy nature

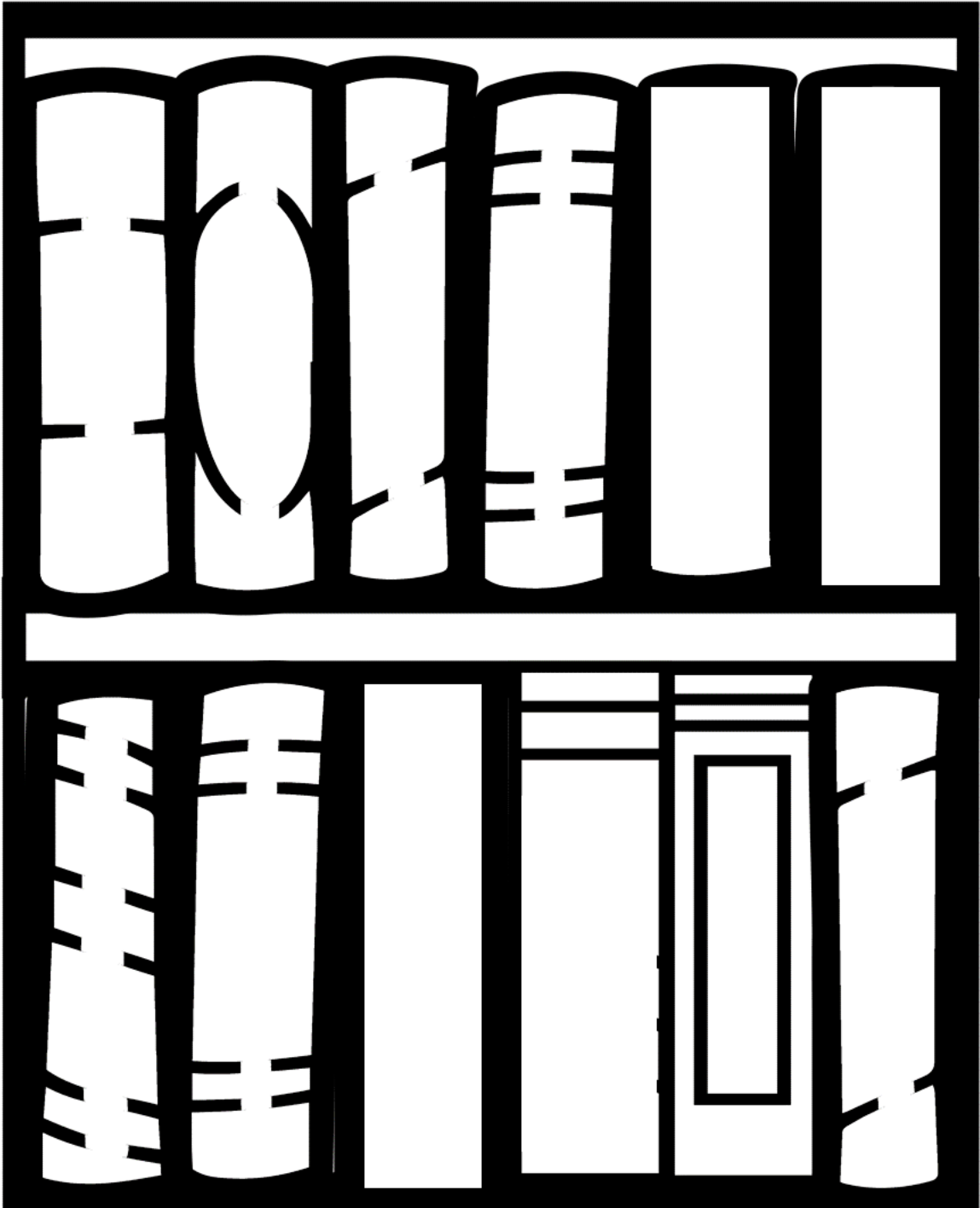
Join a support
group

Say positive
affirmations

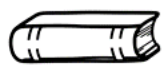
Maintain
Routines

Create a memorial

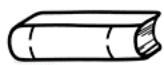
COPING SKILLS



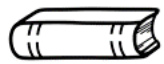
Grief Scenarios



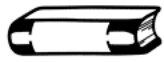
You blame yourself for the death.



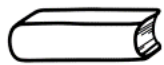
You are sad and feel like you are going to cry.



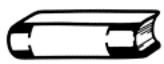
People keep asking you how you are doing after the loss.



It seems like everyone is moving on after the death, and you can't seem to.



You feel bad about doing anything that brings you happiness because you feel like you should still be sad.

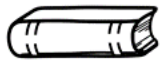


You are worried about how your family is coping.

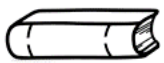


You are worried about the future without the person who died.

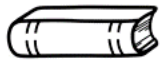
Grief Scenarios



You blame someone for the death.



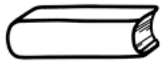
You are angry all the time and feel like it won't get better.



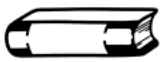
You still have a lot of questions about the loss.



People keep telling you how you should think or what you should do after the loss.



You worry about death and what happens after death.

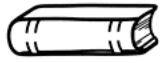


You are worried about losing another person in your life.

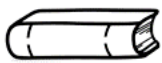


When you see others happy, it makes you angry.

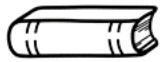
Grief Scenarios



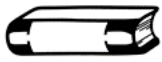
You regret something you did or said to the person who died.



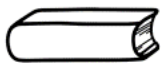
You wish they would not have died.



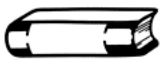
You wish circumstances about how they died could have been different.



You regret the relationship you had with the person who died.



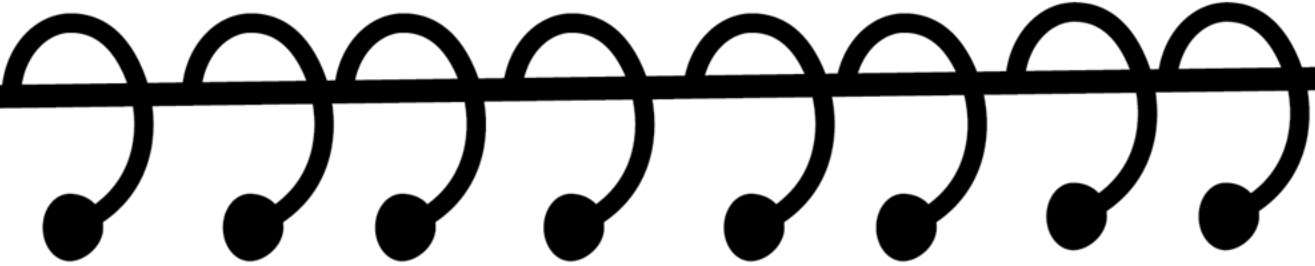
You miss the person who died.



You miss the life you had before the person died.



You wonder if your life will ever feel normal again.



What Coping Skill do you think helps you the most and why?

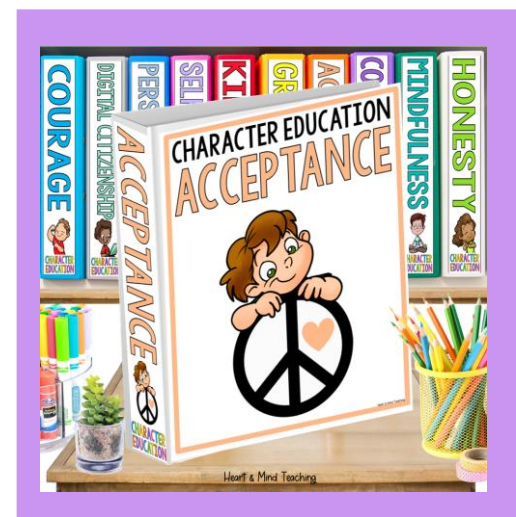
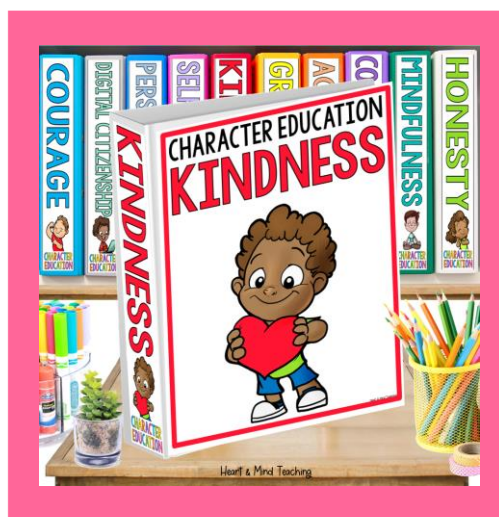
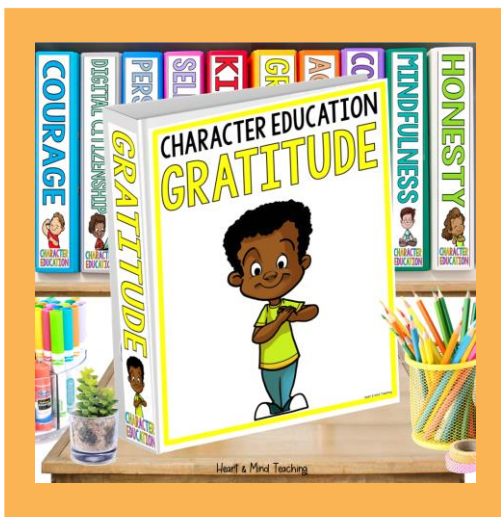
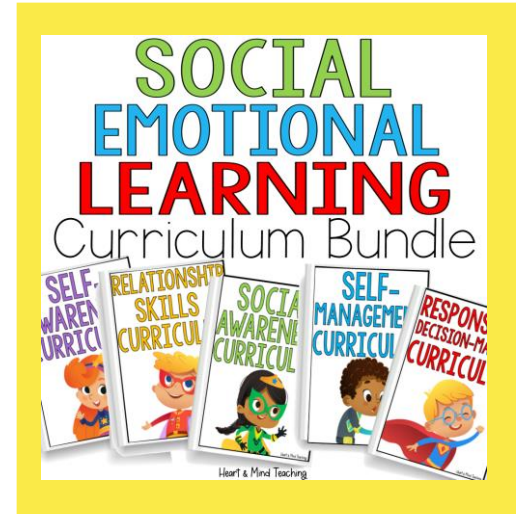
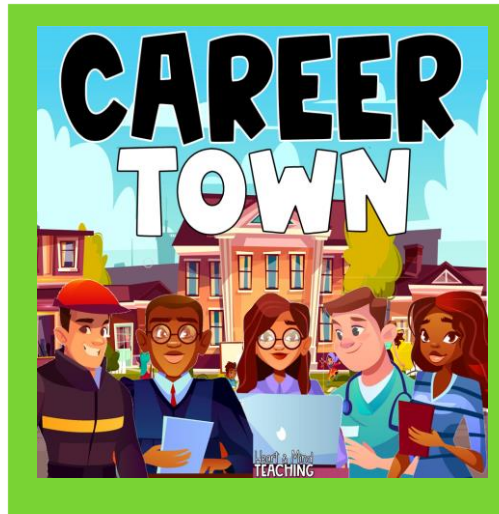
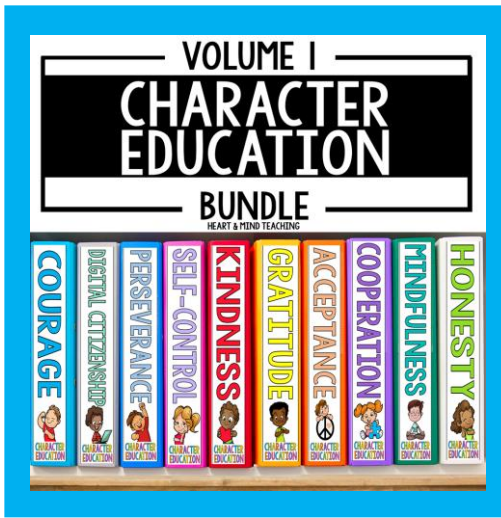
What Coping Skill do you want to try to use more and why?



What coping skill do you think does not help you and why?

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR Collab

with Laura & Ashley



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

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- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART + MIND
TEACHING



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

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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Ashley

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Freebie
Library



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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

CREDITS

