


MUSIC city COUNSELOR

THANK YOU FOR YOUR PURCHASE!



 Laura Sathout

Please contact me any time at laura@musiccitycounselor.com if you have questions, suggestions, or requests for resources! I am here for you!

LET'S CONNECT!



 **WEBSITE:** www.musiccitycounselor.com

 **MEMBERSHIP:** www.counselorcollab.com

DIRECTIONS:

This folded craft activity teaches students all about grief and loss. It's a great resource to use with individual students and with small groups of kids that have lost a loved one.

I included both a blank inside page and an inside page full of text. You may choose to have students create the resource with the text written in OR you may prefer to have students write in the text themselves as you teach it and/or in their own words.

MATERIALS NEEDED:

- Printed materials
- Glue sticks
- Scissors
- Pencils
- Crayons or markers

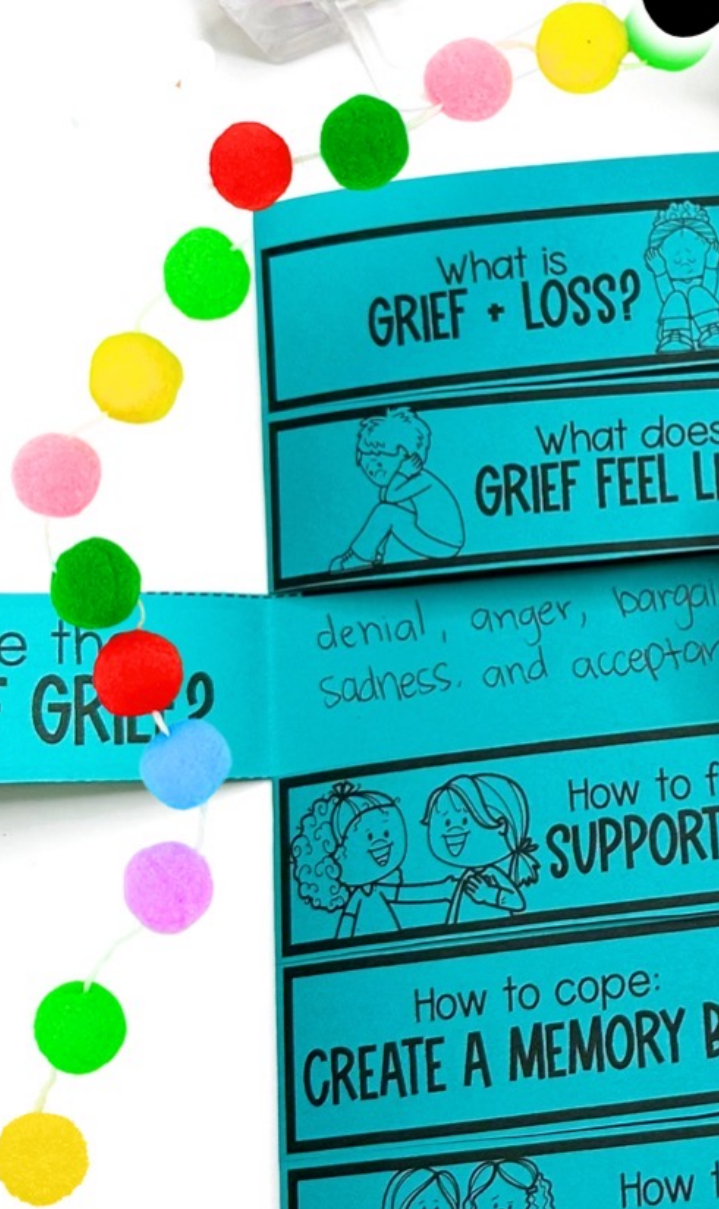
TO MAKE THE FOLDED ACTIVITY:

1. Please see the sample on the next page!
2. Please print the front labels page and the inside page of your choice (with or without text).
3. Please color the front labels with markers or crayons.
4. Please cut out each of the front labels individually.
5. On the inside page, please cut along the dotted lines so you have 6 attached strips.
6. Please fold each of the 6 strips that you just cut in towards the "Coping with Grief + Loss" title.
7. Please glue each of the front labels onto the front of the strips. Please make sure they're glued in the correct order, so the outside labels match the inside labels and descriptions.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! ☺

PS Please take a moment to leave a review on this resource on my TpT store!

SAMPLE



What is GRIEF + LOSS?



What does GRIEF FEEL LIKE?



The Stages of Grief are: denial, anger, bargaining, sadness, and acceptance. But, grief doesn't happen in a straight line. It's messy. We go back and forth between stages.

How to find your SUPPORT SYSTEM



How to cope: CREATE A MEMORY BOX



How to cope: WRITE A LETTER



Coping with GRIEF + LOSS

What is GRIEF + LOSS?



What does GRIEF FEEL LIKE?



denial, anger, bargaining, sadness, and acceptance.

How to find your SUPPORT SYSTEM



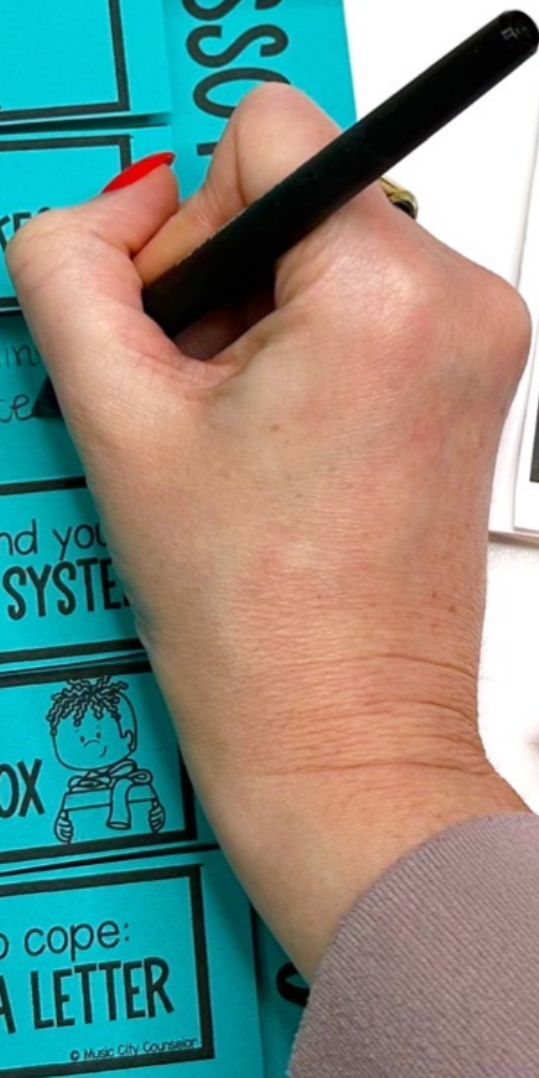
How to cope: CREATE A MEMORY BOX



How to cope: WRITE A LETTER



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FRONT LABELS

What is
GRIEF + LOSS?



What does
GRIEF FEEL LIKE?



What are the
STAGES OF GRIEF?



How to find your
SUPPORT SYSTEM



How to cope:
CREATE A MEMORY BOX



How to cope:
WRITE A LETTER



What is **GRIEF + LOSS?**

A very strong feeling of sadness that happens when we lose someone we love. It could be a family member, a friend, or a pet. It's how our heart feels when we miss them.

What does **GRIEF FEEL LIKE?**

We all experience grief differently, and our feelings change as we journey through loss. We may feel shocked, sad, confused, angry, hurt, or tired. All of our feelings are okay.

What are the **STAGES OF GRIEF?**

The Stages of Grief are: denial, anger, bargaining, sadness, and acceptance. But, grief doesn't happen in a straight line. It's messy. We go back and forth between stages.

How to find your **SUPPORT SYSTEM**

Find people who care about you and want to help you. They can be family members, friends, teachers, or counselors who listen, give hugs, and spend time with you.

How to cope: **CREATE A MEMORY BOX**

Grab a shoebox and decorate it. Put special items, toys, pictures, and letters that remind you of your loved one inside. Open the box when you miss them to feel close to them again.

How to cope: **WRITE A LETTER**

Share your thoughts and feelings with your loved one. Tell them things you miss about them, happy memories you have, and things you didn't get a chance to tell them before.

Coping with **GRIEF + LOSS**

What is
GRIEF + LOSS?

What does
GRIEF FEEL LIKE?

What are the
STAGES OF GRIEF?

How to find your
SUPPORT SYSTEM

How to cope:
CREATE A MEMORY BOX

How to cope:
WRITE A LETTER

Coping with **GRIEF + LOSS**

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