

# MUSIC city COUNSELOR

Thank you for your purchase!



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

let's connect!



For helpful ideas and free resources, please check out my website!  
[www.musiccitycounselor.com](http://www.musiccitycounselor.com)

# Directions Page 1:

## To assemble the lap book:

**MATERIALS NEEDED:** manila folder, hook and loop fastener dots, scissors, and printed pages

- I use a manila folder, hook and loop fastener dots, and cardstock to make my Grief Lap Book durable and easy-to-use.
- Please note that all pages of the lap book are included in full color and black/white, so please only print the pages that you need.
- Please see the sample lap book on the next pages as a guide for creating yours.
- Please glue the cover page ("After a storm comes a rainbow" to the front of the manila folder.
- Then, please glue the page that says, "Let's talk!" to the back of the manila folder.
- Next, please open the manila folder and glue the "Today I feel:" page to the top half of the inside of the folder.
- Then, please glue the, "To cope I can:" page to the bottom half of the inside of the manila folder.
- Next, please cut out each of the little squares.
- Please place one side of the hook and loop fastener dot on the back of each little square and the other side of the hook and loop fastener dot on each blank square and blank sticky note on the inside pages of the manila folder.
- Then, please stick each of the little squares onto the blank squares in the inside of the manila folder.



# Directions Page 2:

## To use the lap book:

- This resource helps students process their feelings and experiences, and cope with the death of a loved one. It uses a weather theme to help students understand the process of grief and loss.
- I like to keep a copy of the lap book on hand in my office so that I am always prepared to help a student cope with grief. This is a fantastic resource to use in individual counseling and small group counseling with students who have lost a loved one.
- To use the lap book, please follow these steps:
  - Please review the 5 Stages of Grief with students on the cover page. They are aligned with Kubler-Ross' stages, but more developmentally appropriate for children. Please explain that these stages don't always go in order, and we can go "backwards" and "forwards" in our grief many times as we process it and heal.
  - Then, please open the lap book. Students can first identify how they are feeling today and place the little square that matches their feelings on the yellow sticky note.
  - Next, students can choose a stage of grief that shows how they are experiencing their grief and place it on the yellow sticky note.
  - Then, students choose 2 coping strategies that they'd like to use and practice. The educator can practice them along with the child.
  - Finally, please turn to the back page of the lap book and go through the discussion questions with the child.
- Questions, comments, or suggestions? Feel free to contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I'm here to help! 😊



# SAMPLE LAP BOOK:

## FRONT:

## BACK:

After a **STORM** comes a **RAINBOW**

### 1) SHOCK

It just doesn't feel real – and can't be real! This can't be happening. I can't believe it!



I feel so shocked, like a strike of lightning hit me.



### 2) ANGER

The pain set in and I'm not ready to feel so much hurt. I may blame or be unkind to others because I'm so mad.



A tornado of anger is brewing in my heart.



### 3) DENIAL

What can I do one back? I'll try to...



### 4) SADNESS

I'm overwhelmed with sadness. My loved one is really gone forever. I feel so empty inside. I cry a lot and just want to be alone.



I feel so sad and feel like a dark cloud is hanging over me.



### 5) PEACE

I'm going to be okay. I finally feel like myself again. I miss my loved one, but can still find joy and purpose in my life.



## LET'S TALK!

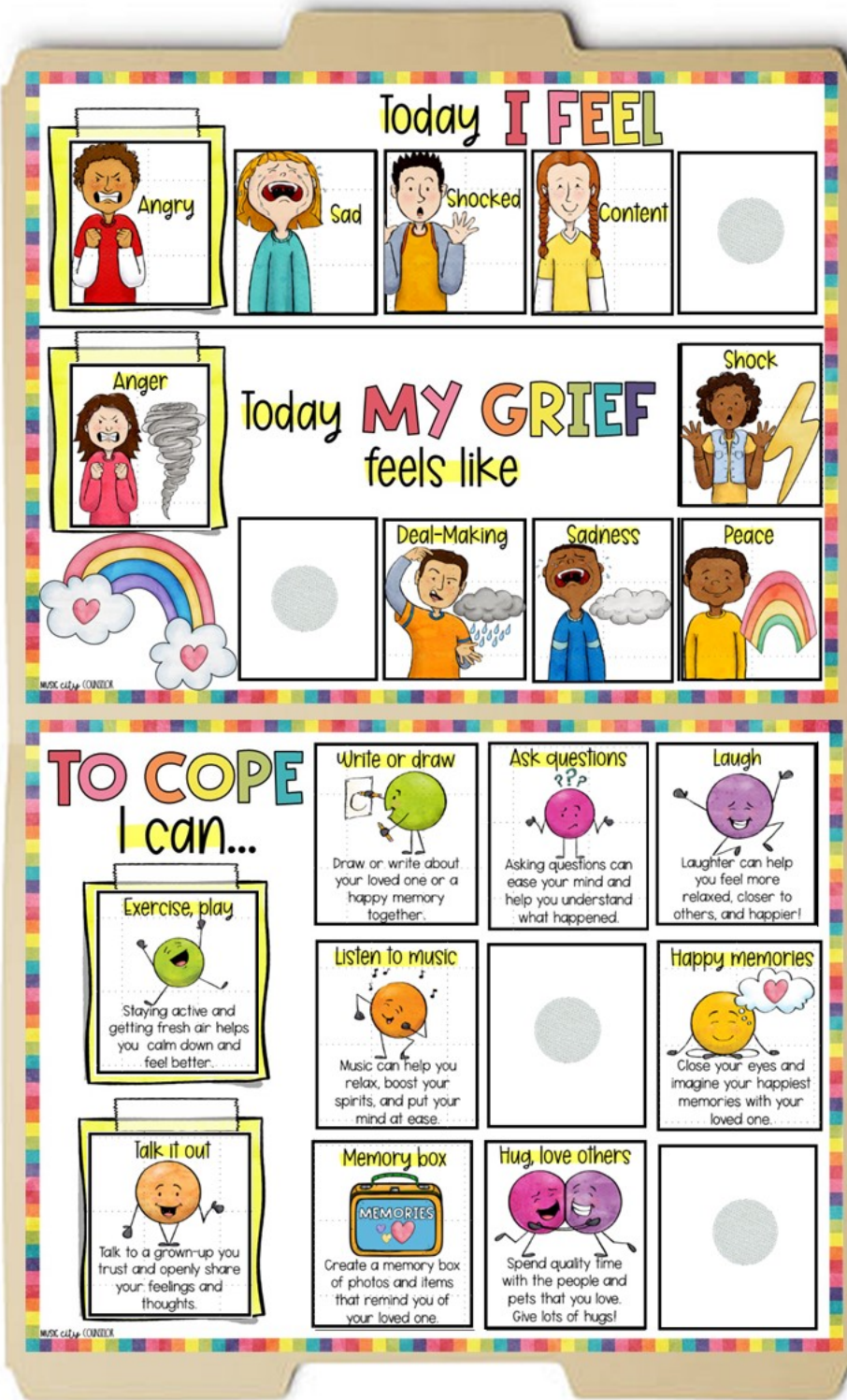
Talking out our feelings with a grown-up we trust is a critical part of healing! It offers us understanding, support, love, and a fresh way of thinking about our loss. Here are some discussion questions for you:

- 1) What are 3 emotions that you're feeling about this loss?
- 2) Share a happy memory that you have with your loved one.
- 3) What made your loved one special to you?
- 4) What are 3 things that make you happy?
- 5) What do you miss most about your loved one?
- 6) If you could spend 5 minutes with your loved one, what would you choose to do? What would you say to them?
- 7) What is something that will always remind you of your loved one?
- 8) How would your loved one want you to feel? What would they want you to do?
- 9) Who is someone at school that you can talk to about your feelings?
- 10) Who is someone at home that you can talk to about your feelings?



# SAMPLE LAP BOOK:

## INSIDE:



# Full Color



# After a **STORM** comes a **RAINBOW**.

## 1) SHOCK

It just doesn't feel real – and can't be real! This can't be happening. I can't believe it!



I feel so shocked, like a strike of lightning hit me.



## 2) ANGER

The pain set in and I'm not ready to feel so much hurt. I may blame or be unkind to others because I'm so mad.



A tornado of anger is brewing in my heart.



## 3) DEAL-MAKING

What can I do to bring my loved one back? I'll do anything for them to be here with me!



My heart is storming in pain. I wish that my loved one was still here.

## 4) SADNESS

I'm overwhelmed with sadness. My loved one is really gone forever.



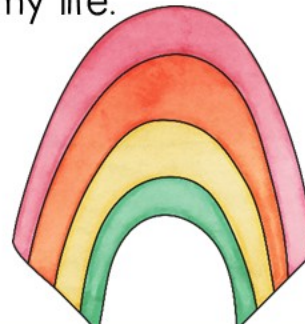
I feel so empty inside. I cry a lot and just want to be alone.



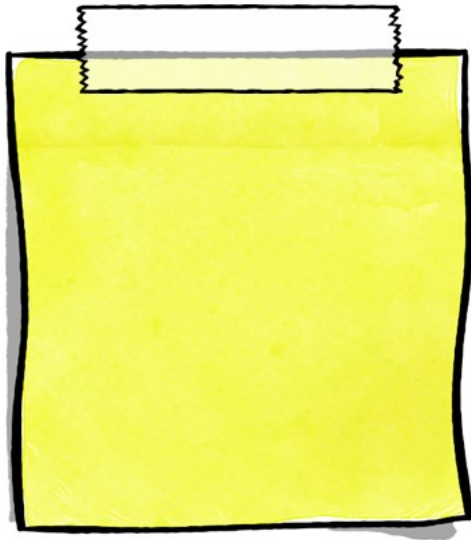
I feel so sad and feel like a dark cloud is hanging over me.

## 5) PEACE

I'm going to be okay. I finally feel like myself again. I miss my loved one, but can still find joy and purpose in my life.

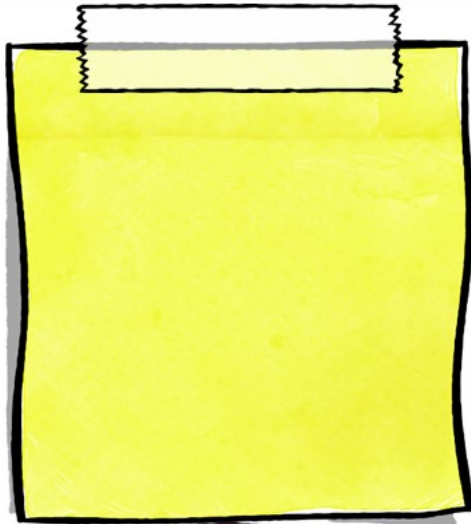






Today **I FEEL**

--	--	--	--



Today **MY GRIEF**  
feels like

--

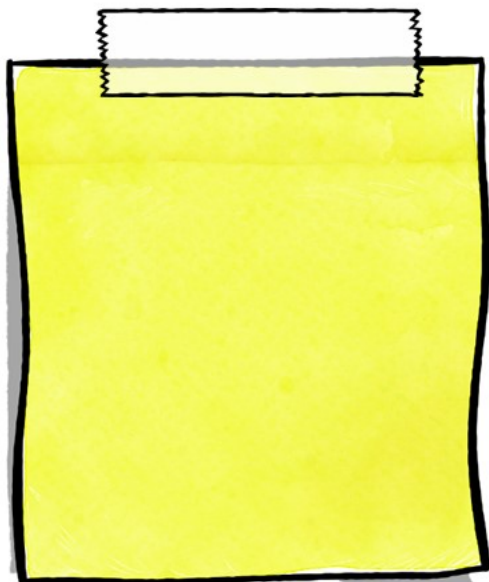
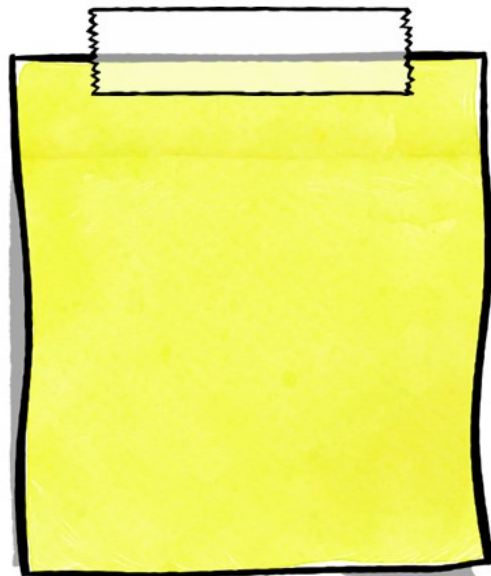
--	--	--	--





# TO COPE

I can...



--

--

--

--

--

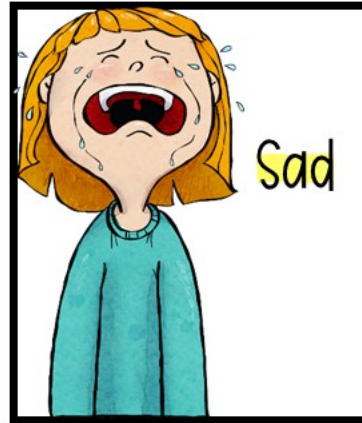
--

--

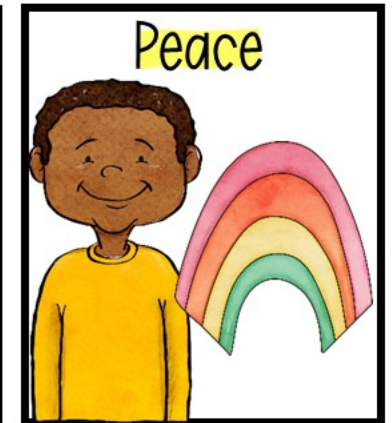
--

--

# Today I feel



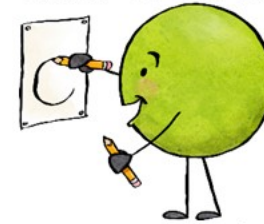
# Today my grief feels like





# To cope I can

## Write or draw



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

## Ask questions



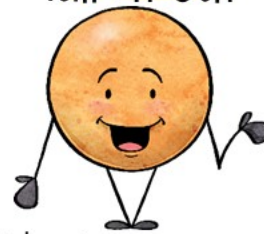
Asking questions can ease your mind and help you understand what happened.

## Memory box



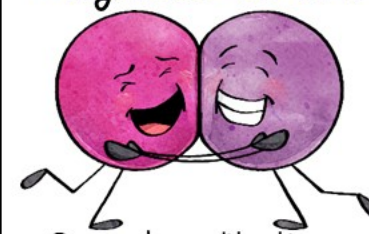
Create a memory box of photos and items that remind you of your loved one.

## Talk it out



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

## Hug, love others



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

## Exercise, play



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

## Happy memories



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

## Listen to music



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

## Laugh



Laughter can help you feel more relaxed, closer to others, and happier!

# LET'S TALK!

Talking out our feelings with a grown-up we trust is a critical part of healing! It offers us understanding, support, love, and a fresh way of thinking about our loss. Here are some discussion questions for you:

- 1) What are 3 emotions that you're feeling about this loss?
- 2) Share a happy memory that you have with your loved one.
- 3) What made your loved one special to you?
- 4) What are 3 things that make you happy?
- 5) What do you miss most about your loved one?
- 6) If you could spend 5 minutes with your loved one, what would you choose to do? What would you say to them?
- 7) What is something that will always remind you of your loved one?
- 8) How would your loved one want you to feel? What would they want you to do?
- 9) Who is someone at school that you can talk to about your feelings?
- 10) Who is someone at home that you can talk to about your feelings?



**Black &  
White**

# After a STORM comes a RAINBOW.

## 1) SHOCK

It just doesn't feel real – and can't be real! This can't be happening. I can't believe it!



I feel so shocked, like a strike of lightning hit me.



## 2) ANGER

The pain set in and I'm not ready to feel so much hurt. I may blame or be unkind to others because I'm so mad.



A tornado of anger is brewing in my heart.



## 3) DEAL-MAKING

What can I do to bring my loved one back? I'll do anything for them to be here with me!



My heart is storming in pain. I wish that my loved one was still here.

## 4) SADNESS

I'm overwhelmed with sadness. My loved one is really gone forever.

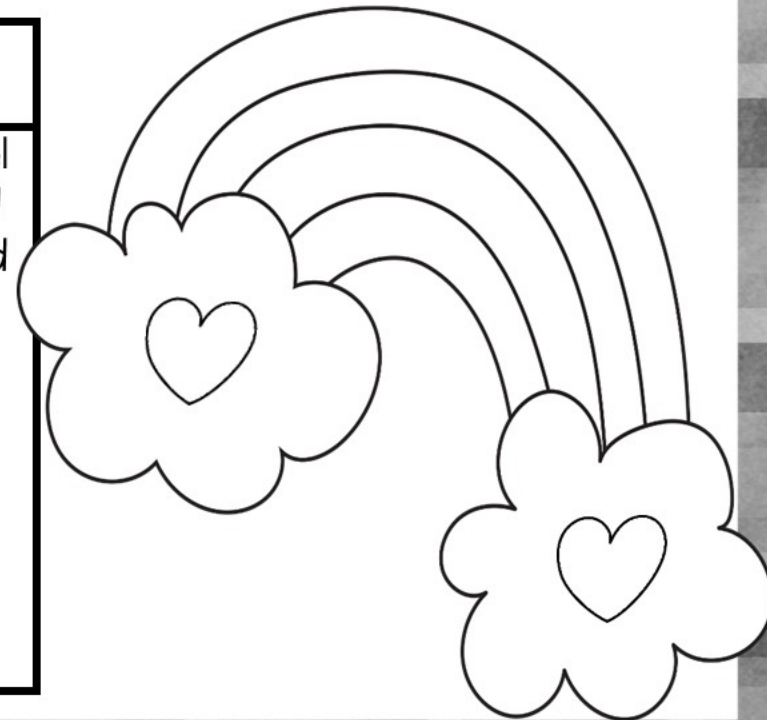
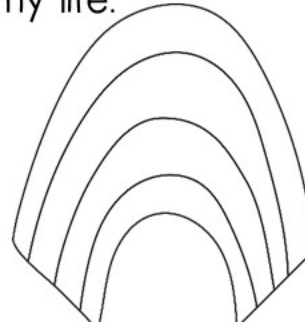
I feel so empty inside. I cry a lot and just want to be alone.



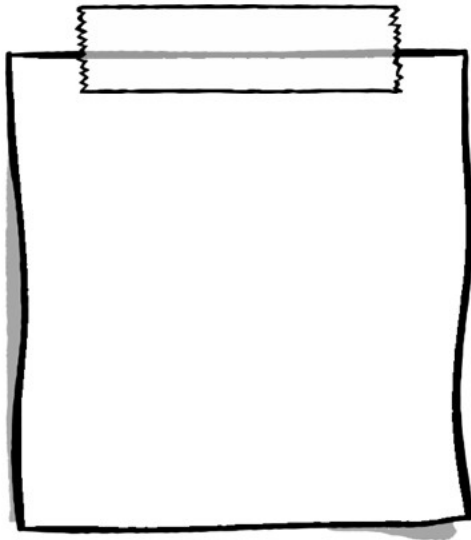
I feel so sad and feel like a dark cloud is hanging over me.

## 5) PEACE

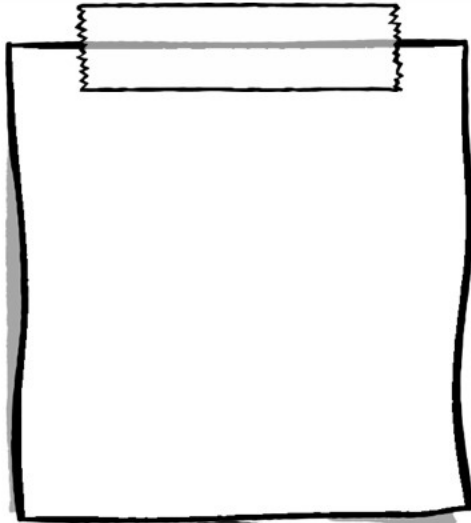
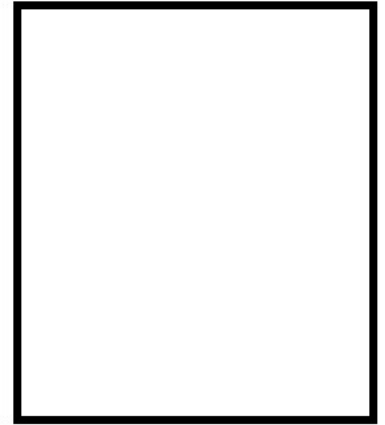
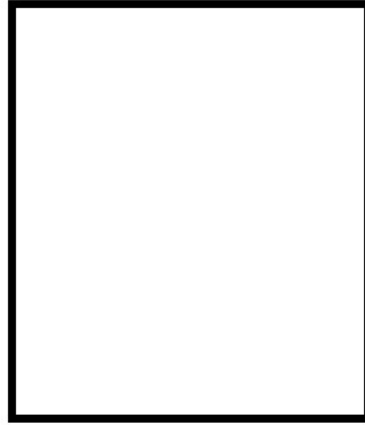
I'm going to be okay. I finally feel like myself again. I miss my loved one, but can still find joy and purpose in my life.



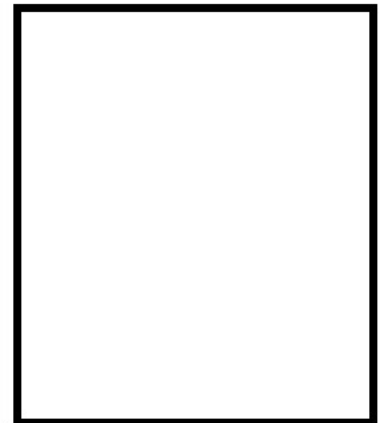
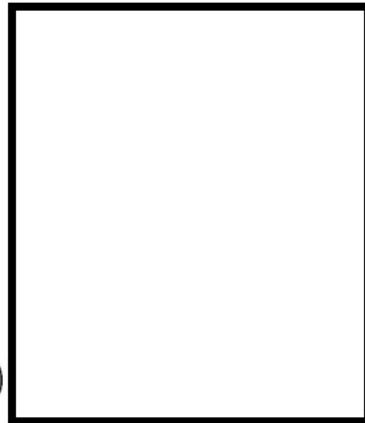
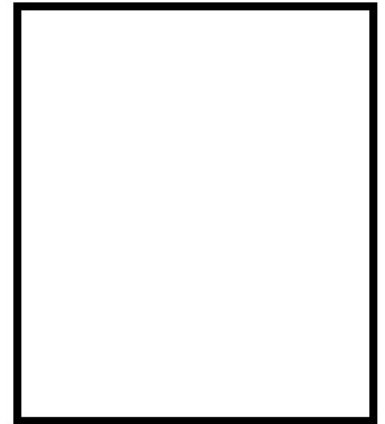




Today I FEEL

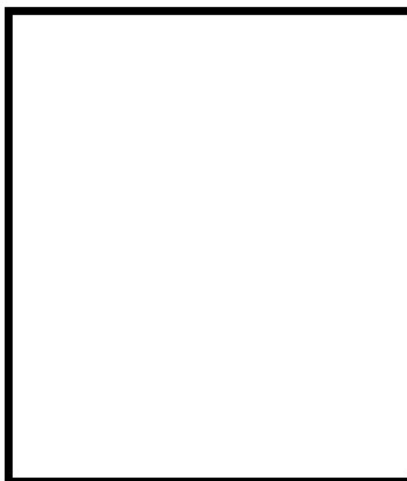
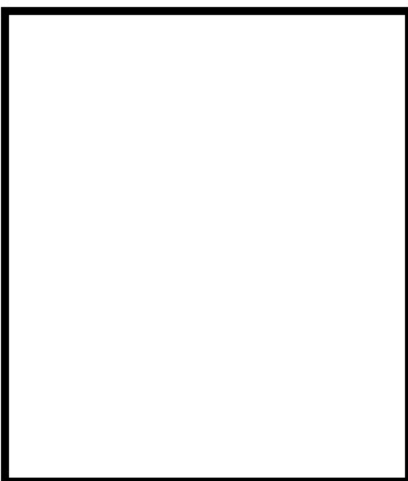
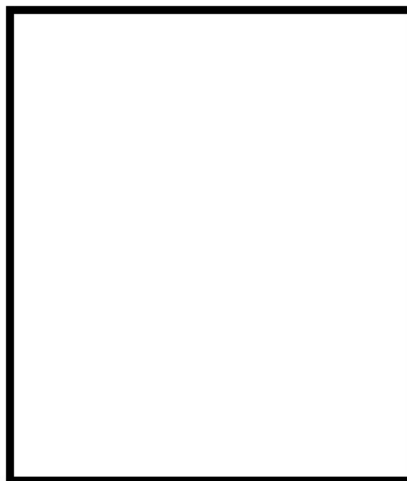
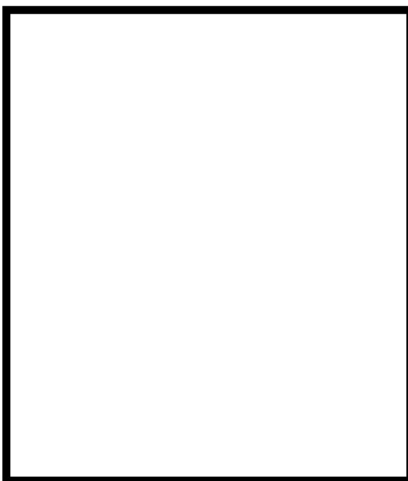
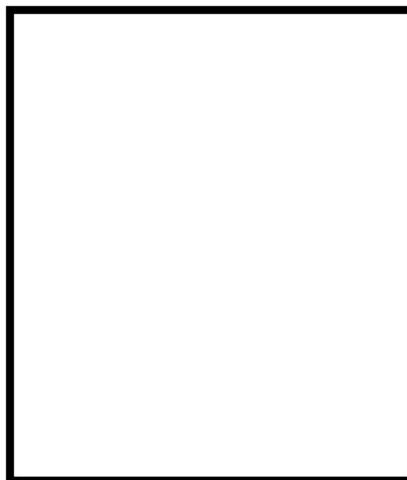
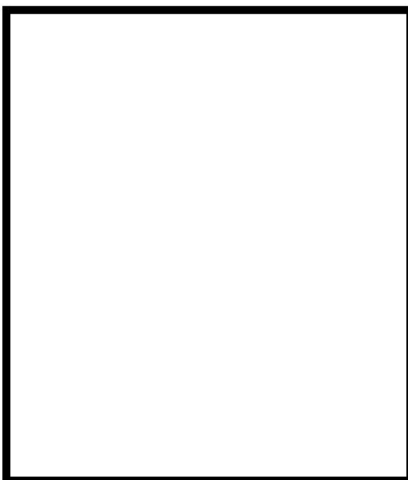
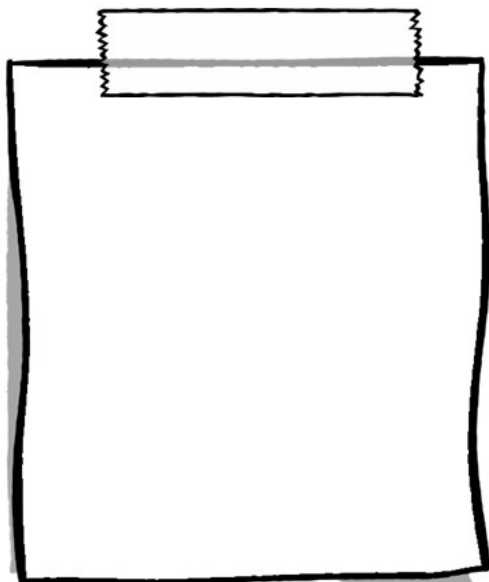
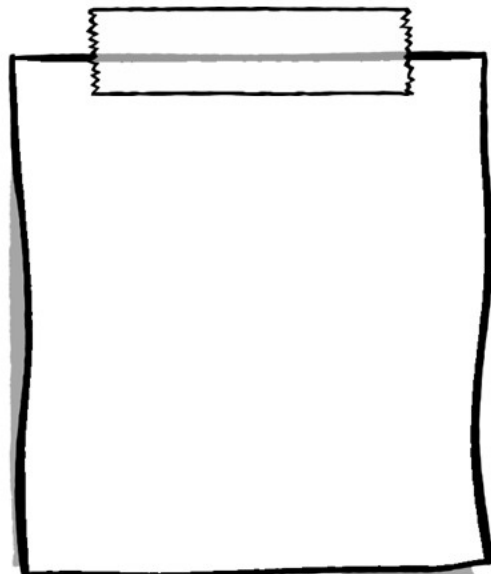


Today MY GRIEF  
feels like



# TO COPE

I can...





# Today I feel

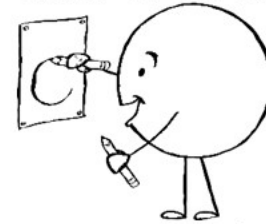


# Today my grief feels like



# To cope I can

Write or draw



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

Ask questions



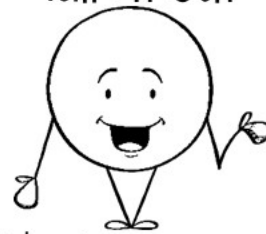
Asking questions can ease your mind and help you understand what happened.

Memory box



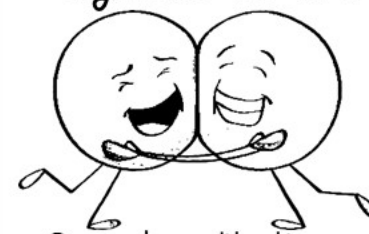
Create a memory box of photos and items that remind you of your loved one.

Talk it out



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

Hug, love others



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

Exercise, play



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

Happy memories



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

Listen to music



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

Laugh



Laughter can help you feel more relaxed, closer to others, and happier!



# LET'S TALK!

Talking out our feelings with a grown-up we trust is a critical part of healing! It offers us understanding, support, love, and a fresh way of thinking about our loss. Here are some discussion questions for you:

- 1) What are 3 emotions that you're feeling about this loss?
- 2) Share a happy memory that you have with your loved one.
- 3) What made your loved one special to you?
- 4) What are 3 things that make you happy?
- 5) What do you miss most about your loved one?
- 6) If you could spend 5 minutes with your loved one, what would you choose to do? What would you say to them?
- 7) What is something that will always remind you of your loved one?
- 8) How would your loved one want you to feel? What would they want you to do?
- 9) Who is someone at school that you can talk to about your feelings?
- 10) Who is someone at home that you can talk to about your feelings?



# TERMS OF USE:



## YOU MAY...

make copies for the purchaser's classroom AND share copies with other educators in your school building; reference (without distribution) this product in blog posts, seminars, PD, workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation; share this resource with teachers and parents at your school via email, hard copy, or on a protected website such as Google Classroom or Seesaw

## YOU MAY NOT...

claim the work as your own, alter the files in any way, or remove/attempt to remove the copyright; share this product with educators outside of your school building; repackage, sell, or give away this product for others.

