

DIRECTIONS:

13 GRIEF AND LOSS STORIES

As you can see, there are 13 versions of the grief and loss stories included in this resource. The K-2nd grade version uses a cow as the main character and a farm animal theme and the 3rd-5th grade version uses a boy as the main character and is more realistic/not fantasy-based. There is one version of the loss of pet story with the boy character, Bryan. You choose the story that best fits the age, abilities, and type of loss that your student is experiencing as well as your technology/printing capabilities.

Each story is included in 3 different versions:

1. Clickable full screen PowerPoint
2. Printable half-sheet full color story
3. Printable half-sheet black/white story
 - (I like to print my half-sheet stories, cut them in half, hole punch a hole in the corner of each page, and bind them together using a loose leaf binder ring)

The 13 included stories are:

K – 5th Grade: "Bryan Learns About Loss"

1. Loss of pet

K-2nd Grade: "Bessie Learns about Loss"

1. Loss of friend
2. Loss of sibling
3. Loss of mom
4. Loss of dad
5. Loss of grandma
6. Loss of grandpa

3rd – 5th Grade: "Bryan Learns About Loss"

1. Loss of friend
2. Loss of sibling
3. Loss of mom
4. Loss of dad
5. Loss of grandma
6. Loss of grandpa

DIRECTIONS: MY HEALING JOURNAL

Four versions of the healing journal are included: one that focuses on the "Bessie Learns About Loss" story, one that focuses on the "Bryan Learns about Loss" story, and a boy and girl version of each one. You choose the journal that best matches your students' needs!

This journal is perfect for individual counseling, small group counseling, and/or to send home for parents to work through with their children. You can choose to print every page and form a large journal packet that is completed over multiple sessions, or you can choose to only print select pages, depending on the amount of time you have and the needs of your students. Most of the pages allow for writing and/or drawing so they can be differentiated for different age groups. For any pages that require writing, younger students who aren't able to write yet can say their answers aloud for the educator or parent to write for them.

General grief and loss discussion questions as well as discussion questions specific to the stories are included at the end of the journal. Most of the pages are self-explanatory but here are directions for pages that need a little more explanation:

- **"My Healing Journal" page:** This page explains Kubler-Ross' (1969) 5 Stages of Grief in a kid-friendly way. It's a great visual to teach students about the healing process and help them identify which stages they have already been through and which stage they are currently in. Remember, the road to acceptance is not always straight and children may go through the stages in a different order than is listed, may skip around amongst the stages, may repeat stages, may never go through certain stages, etc. This model is just a guide and makes a great basis for discussion! A full color version is included and also a black/white version is included in each journal.
- **"Feelings Check-In" page:** Students can circle as many feelings faces that apply to them in each of the 3 situations.
- **"Let's Chart Our Feelings!" page:** This page is a traditional Venn diagram that asks students to compare their feelings of loss to Bessie's feelings of loss in the story. In the far left circle students can write and/or draw pictures of their feelings about their loss, in the middle circle students can write and/or draw pictures of the feelings they and Bessie/Bryan have BOTH had, and in the far right circle students can write and/or draw pictures of the feelings only Bessie/Bryan had in the story.