

# 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!



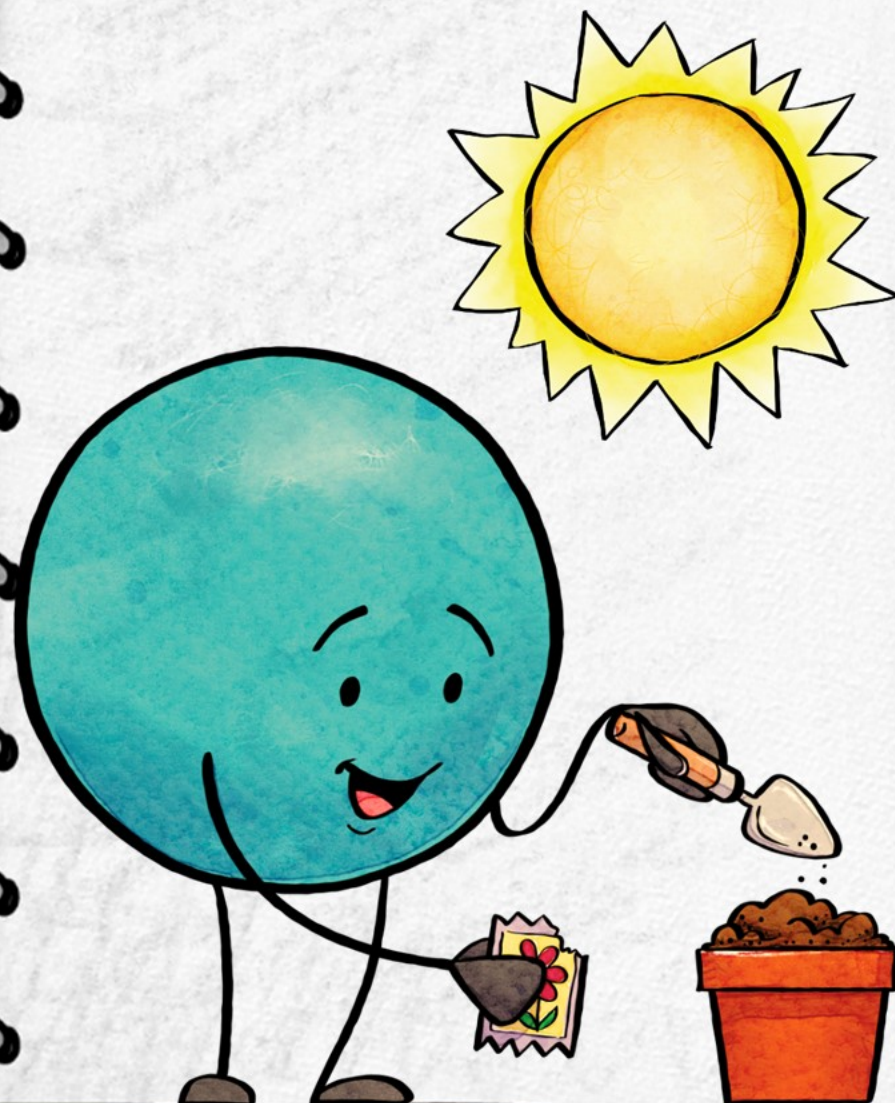
For helpful ideas and free resources, please check out my website!  
[www.musiccitycounselor.com](http://www.musiccitycounselor.com)

**FULL  
COLOR**





# Let's GROW through GRIEF





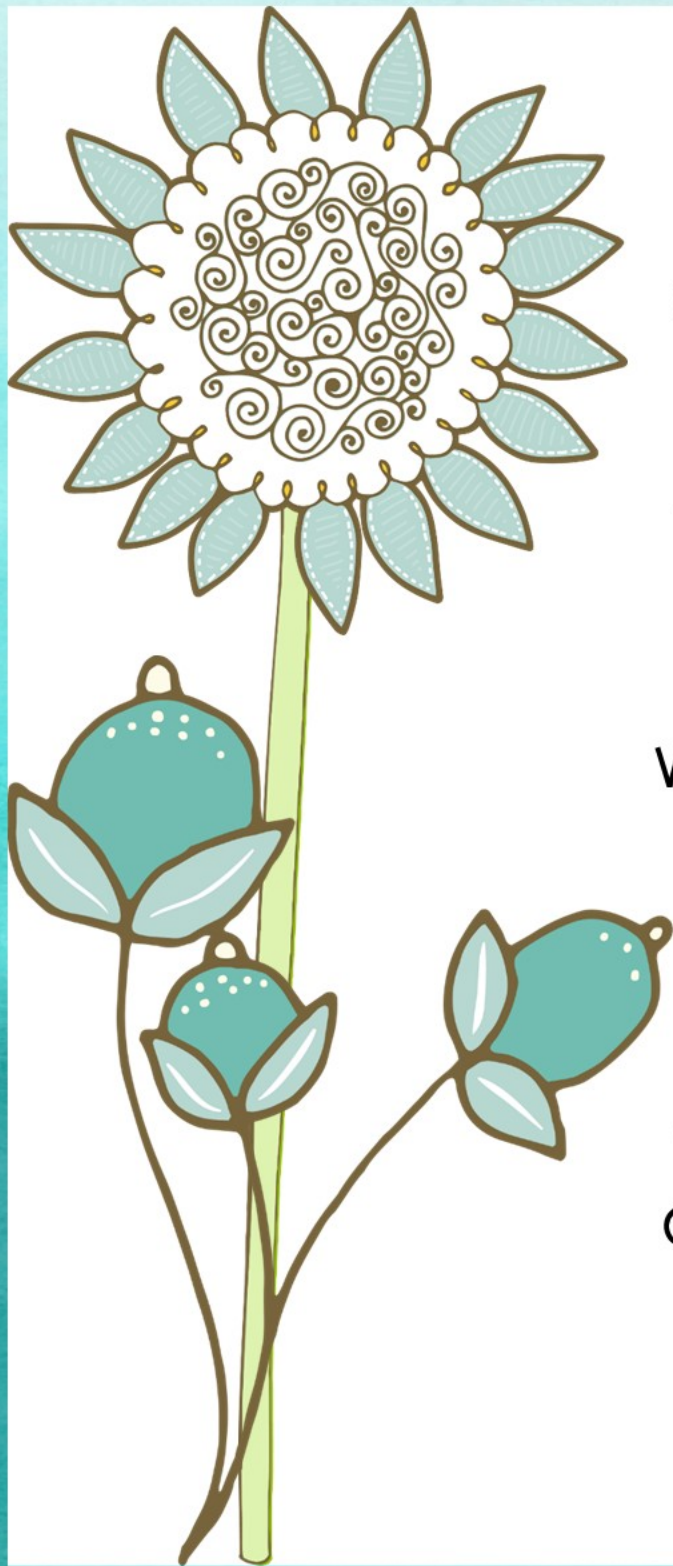


**HELLO,**  
My name is

Someone I love died.  
Their name was:







# WHAT IS GRIEF?

Grief is the process of coping with death or loss. We grieve because we love – we love and miss the special person that we lost. Just like a flower that grows from a tiny seed to a beautiful bloom, the way we feel changes over time as we “grow” in our grief. Loss can feel overwhelming at times. It can affect our bodies, feelings, thoughts, and spirit. Healing from grief doesn’t mean forgetting the person who died or “moving on” with our life. It means remembering our loved one who died, and learning how to live a healthy life without them here with us.



# GRIEF FEELS LIKE...

MUSIC CITY COUNSELOR

Grief looks different for everyone.

Circle the feelings and experiences you have had.



Crying



Tired



Stomach aches



Trouble focusing



Difficulty sleeping



Lost interest in hobbies and activities



Trouble eating



Wanting to be alone





What does grief mean to you?

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What does grief look like to you?

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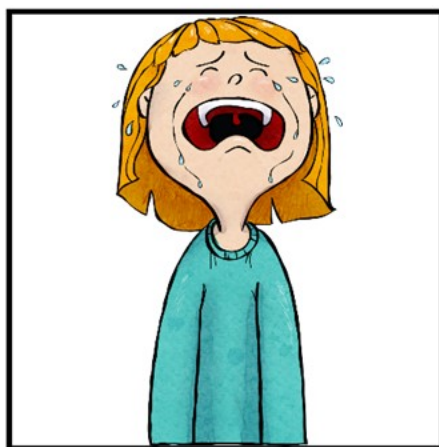
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# HOW DO YOU FEEL TODAY?

Circle the way you feel today.



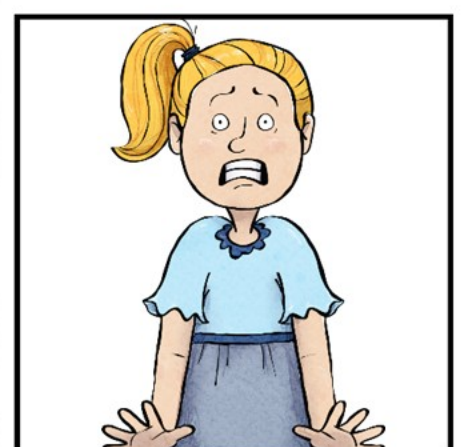
Shocked



Sad



Angry



Scared



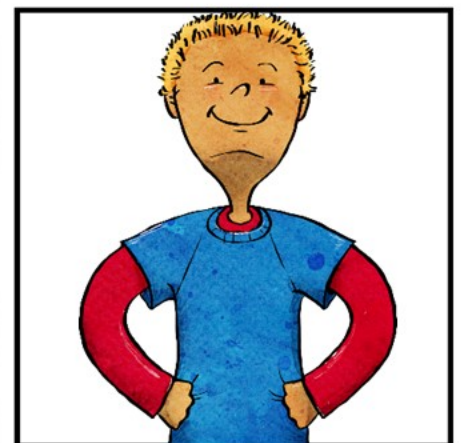
Hurt



Lonely

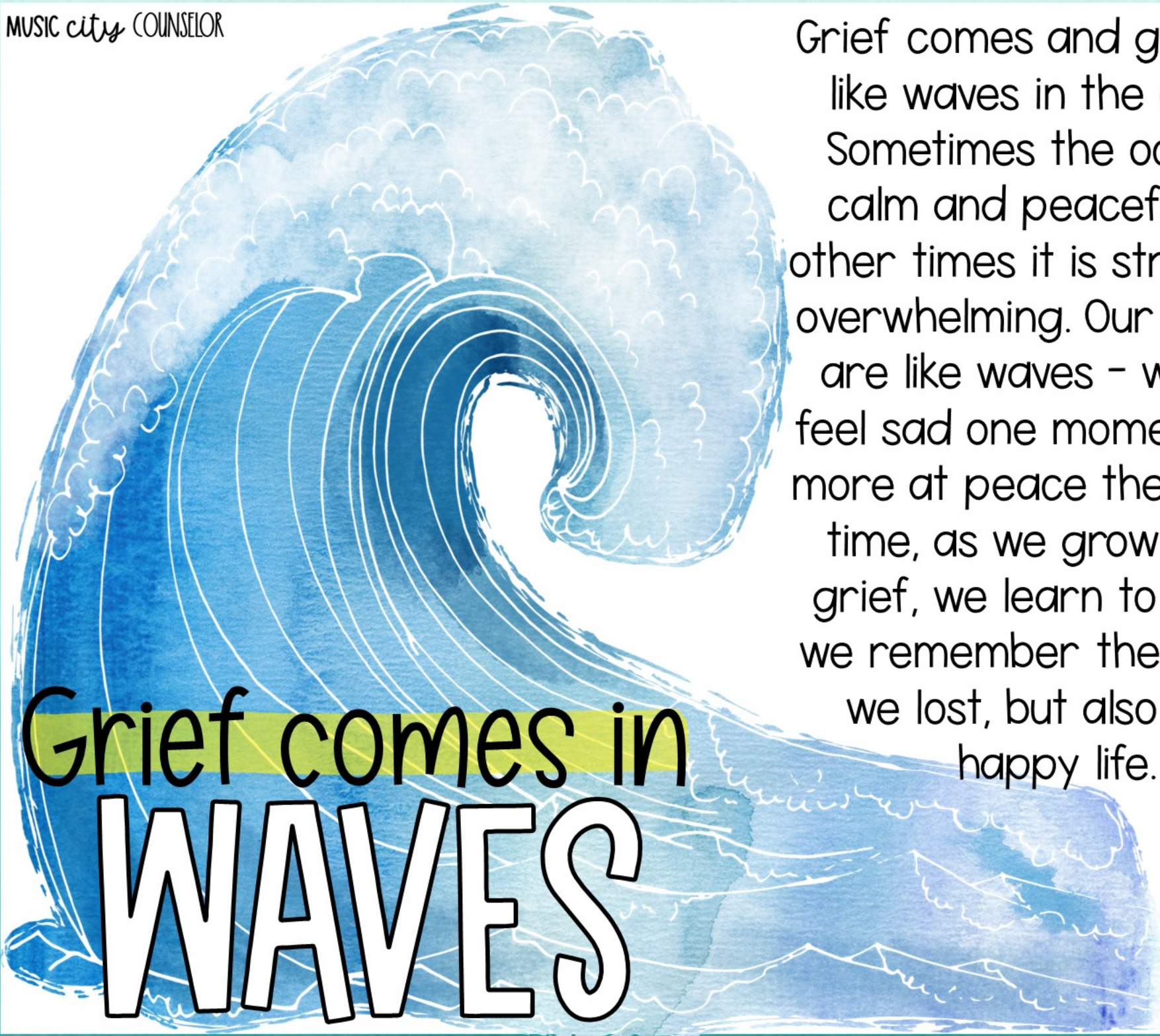


Calm



Brave





Grief comes and goes, just like waves in the ocean. Sometimes the ocean is calm and peaceful, and other times it is strong and overwhelming. Our feelings are like waves - we may feel sad one moment, then more at peace the next. In time, as we grow in our grief, we learn to "swim:" we remember the person we lost, but also live a happy life.

Grief comes in  
**WAVES**



# THE STAGES OF GRIEF

Just like a flower, we grow and change in our grief over time.



**SHOCK**



**ANGER**



**DEAL-MAKING**



**SADNESS**

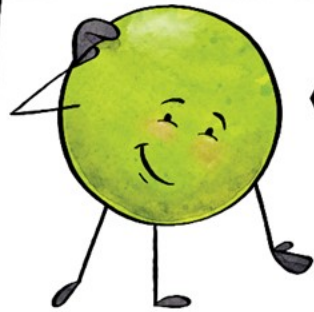
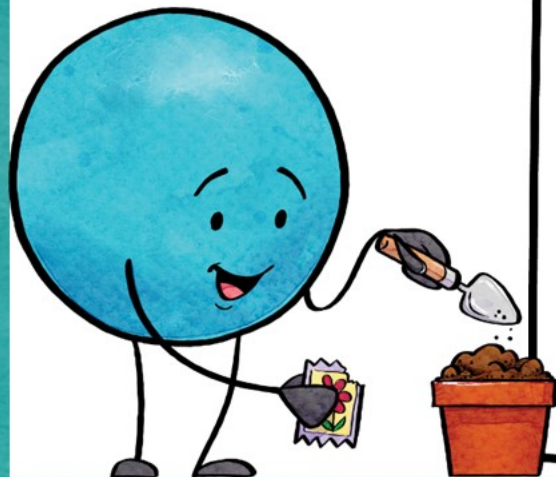


**PEACE**





# MY LOVED ONE:



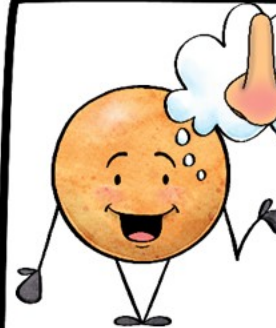
SOUNDED LIKE...



FELT LIKE...



LOOKED LIKE...



SMELLED LIKE...

Death is nothing at  
all. I have only  
slipped away into the  
next room.

I am I and you are you.  
Whatever we were  
to each other,  
that we are still.

- Canon Henry Scott Holland





# JOURNAL TIME

MUSIC city COUNSELOR

Writing about our feelings can help us grow in our grief.

1) What are 3 emotions that you're feeling about this loss?

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2) Share a happy memory that you have with your loved one.

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3) What made your loved one special to you?

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A blue jar with a yellow lid, labeled 'MEMORY JAR' in bold black letters. Below the text are five pink hearts.

[illegible][illegible][illegible][illegible]



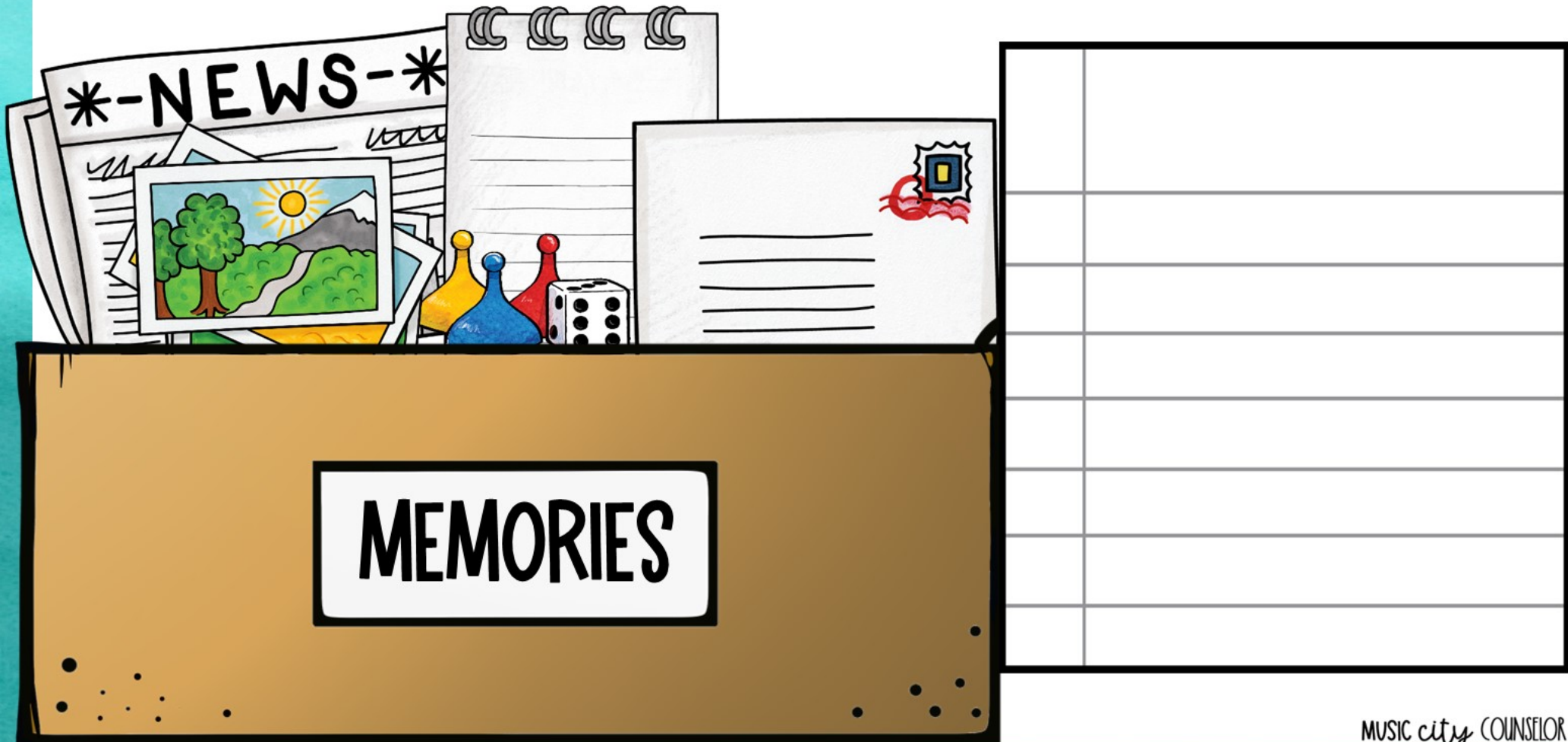
I love you  
every day.  
And now I will  
miss you  
every day.

– Mitch Albom



# LET'S MAKE A MEMORY BOX

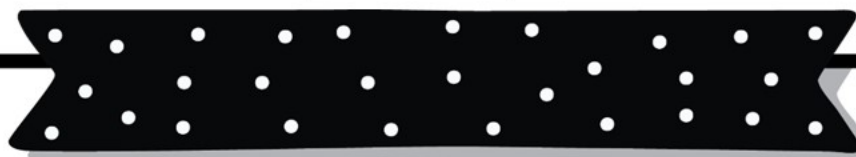
Filling up a box with memories of our loved one can help us grow in our grief. What would you put in the box to help you remember your loved one?





# I WISH I COULD SAY ...

Sometimes we don't get a chance to say goodbye to our loved one. Or, there is something that we wish we could have said to them. If you had the chance to talk to your loved one again, what would you say?



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# WHAT DO I NEED?

Asking for help and support helps us grow in our grief.

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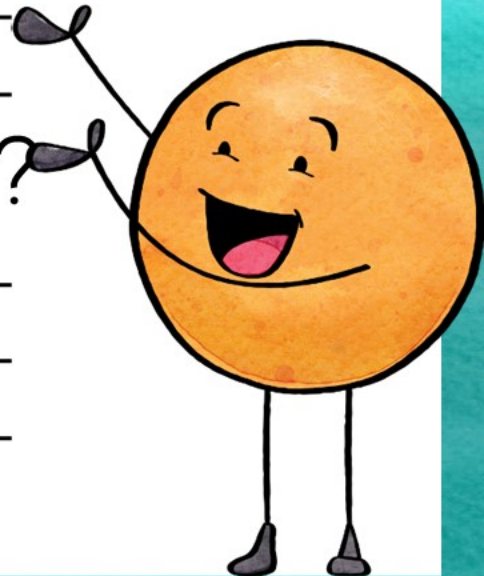


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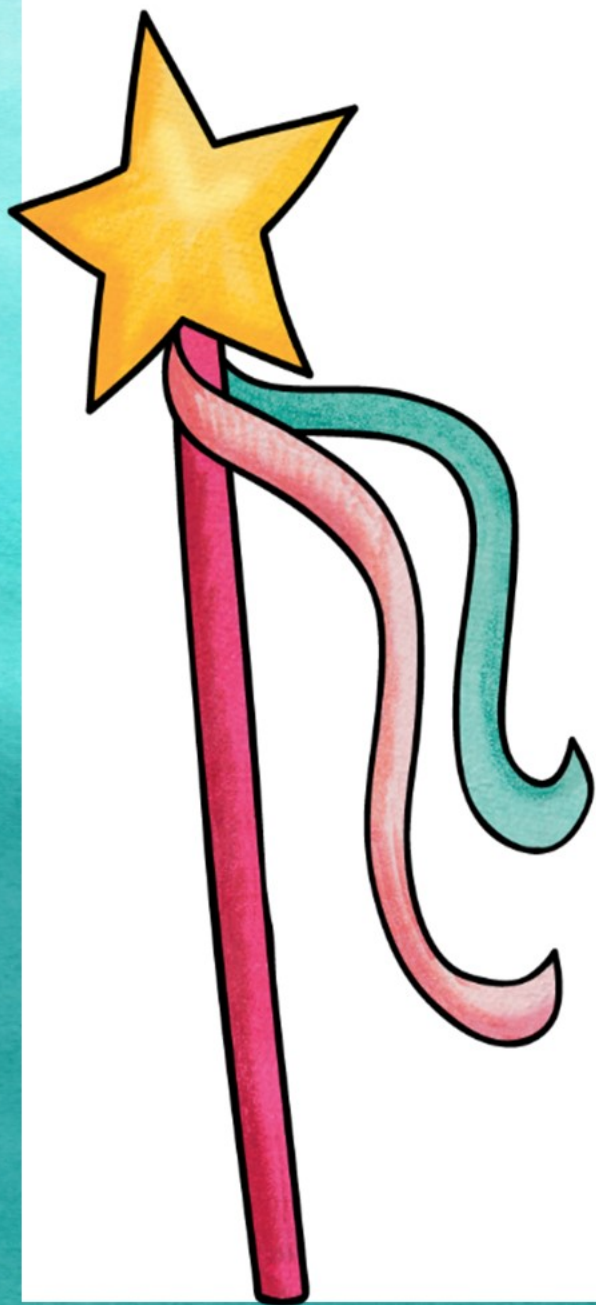
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# IF I HAD A MAGIC WAND...



If you had a magic wand,  
what would you wish for?

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How would it feel to get your  
wish?

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# JOURNAL TIME

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Writing about our feelings can help us grow in our grief.

1) What are 3 things that make you happy?

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2) If you could spend 5 more minutes with your loved one, what would you choose to do together?

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3) What do you miss most about your loved one?

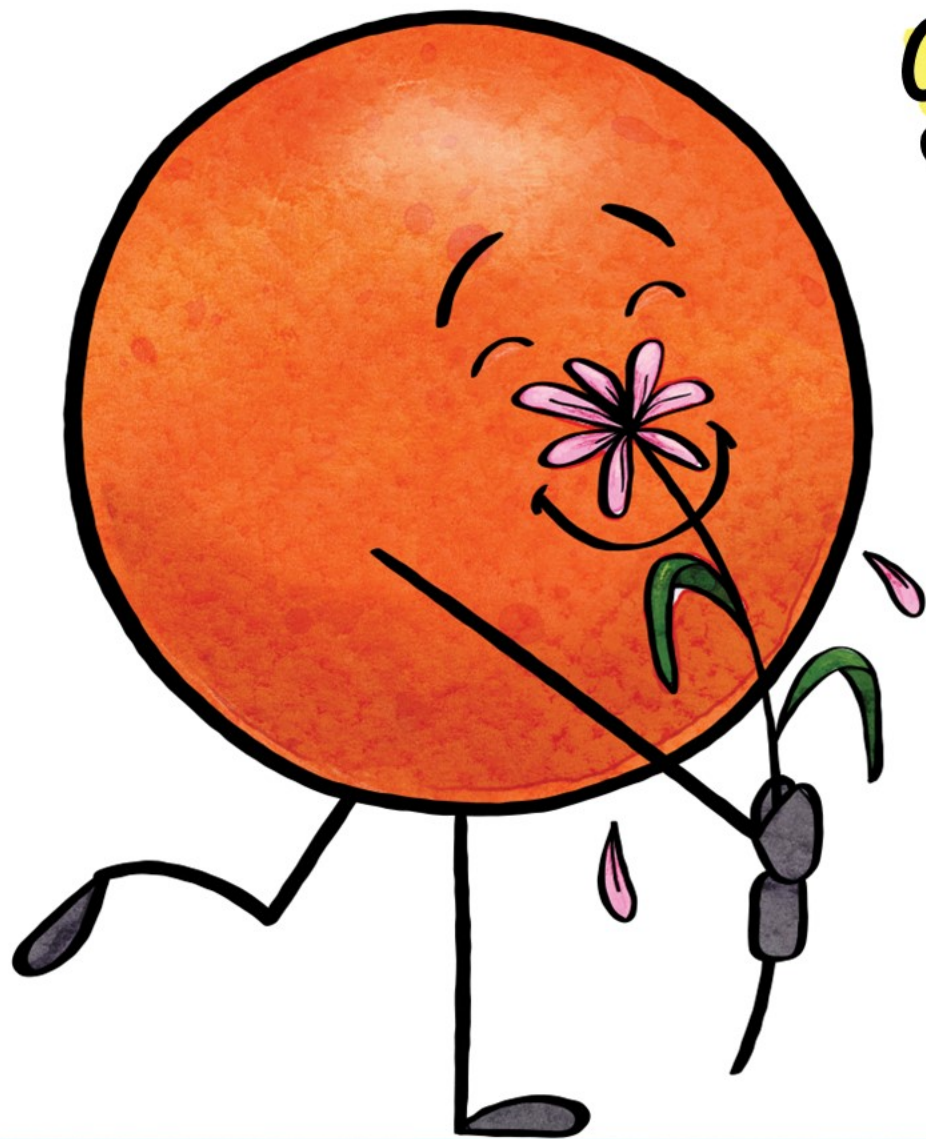
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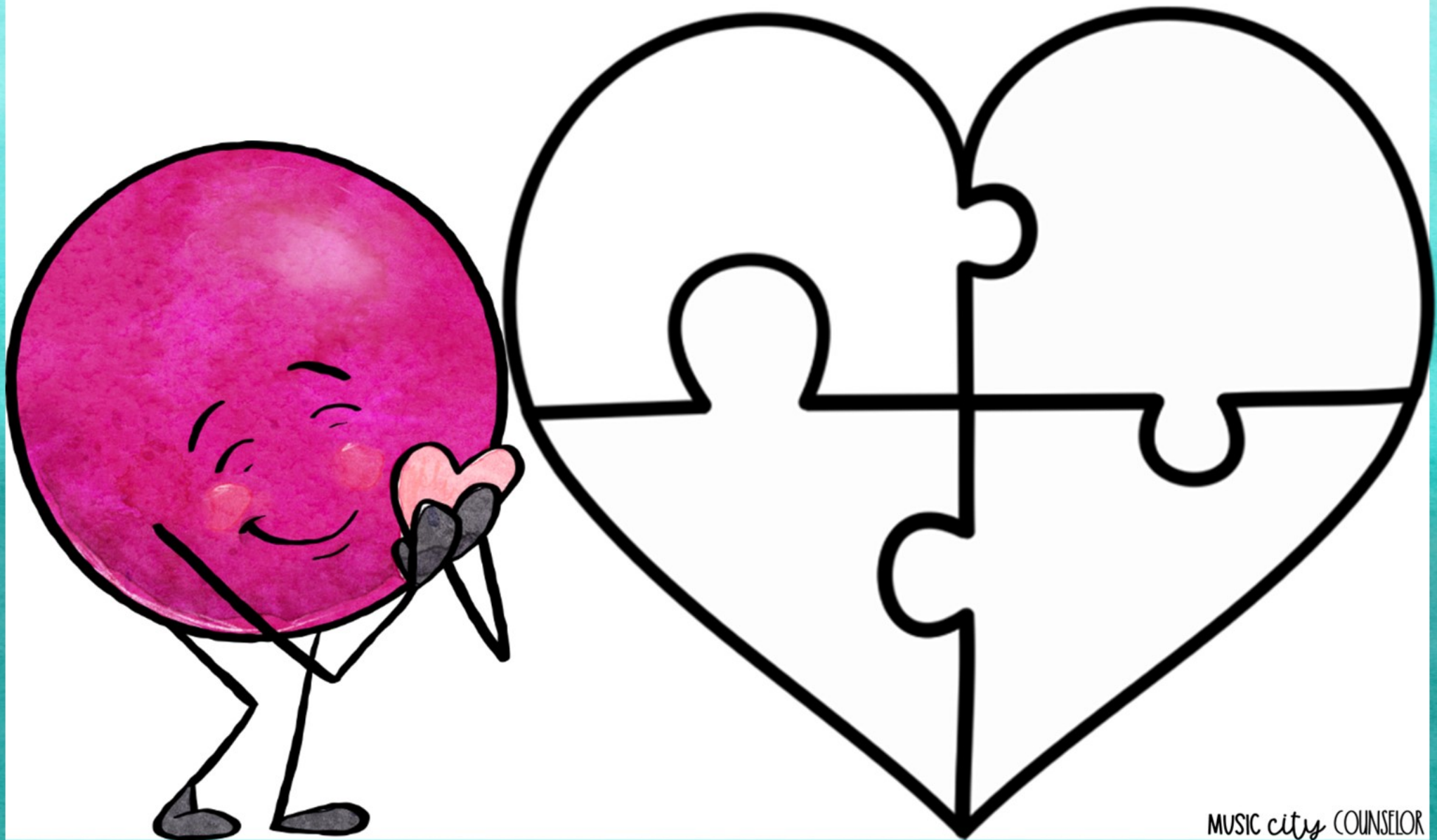
It's **not** about  
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- Phrank Bryan

# THE PIECES OF MY HEART

Fill out the pieces of the heart with the people that you love.

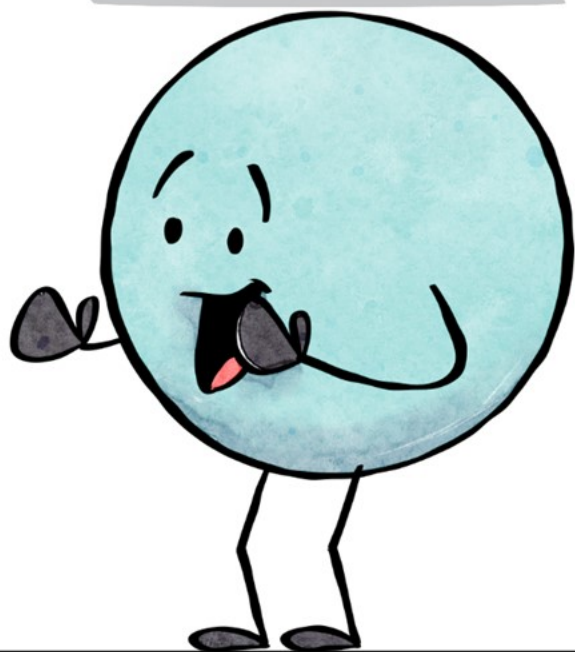




# COPING WITH GRIEF

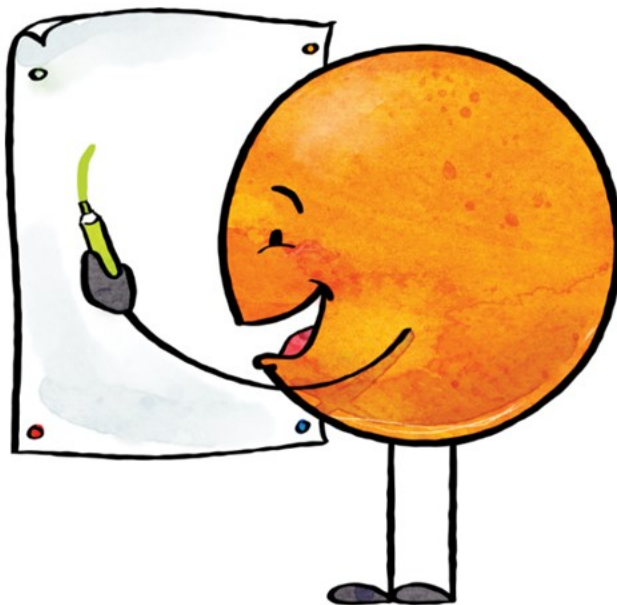
Coping strategies help heal our grieving hearts and adjust to life without our loved one. Circle your favorite ones.

## TALK IT OUT



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

## DRAW



Draw a picture of your loved one or a happy memory you have together.

## REMEMBER

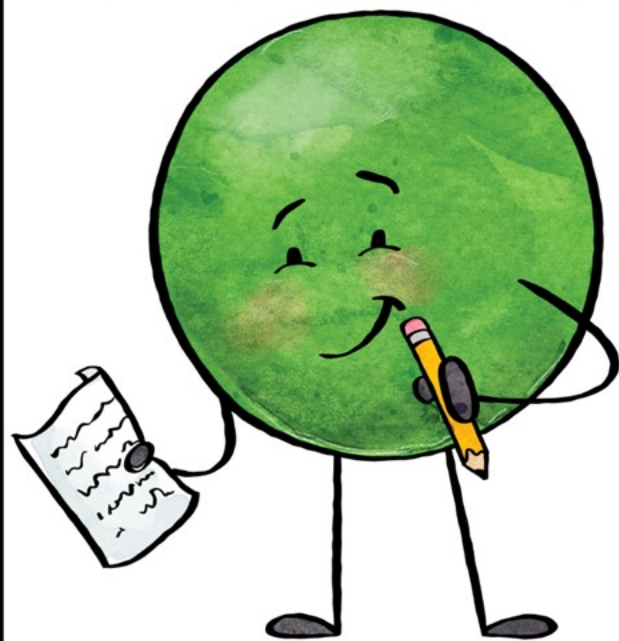


Close your eyes and imagine happy memories with your loved one.

# COPING WITH GRIEF

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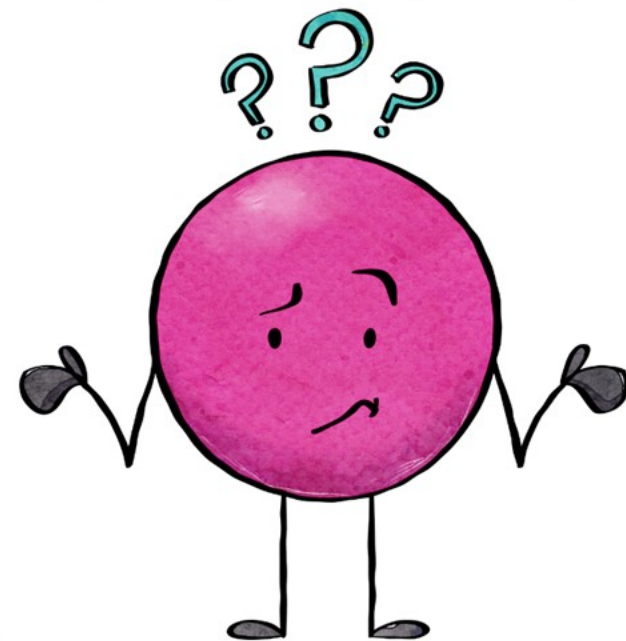
Journal about your feelings and special memories, or write a goodbye letter.

## EXERCISE



Staying active and getting fresh air outside helps you feel calm and strong.

## ASK QUESTIONS



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



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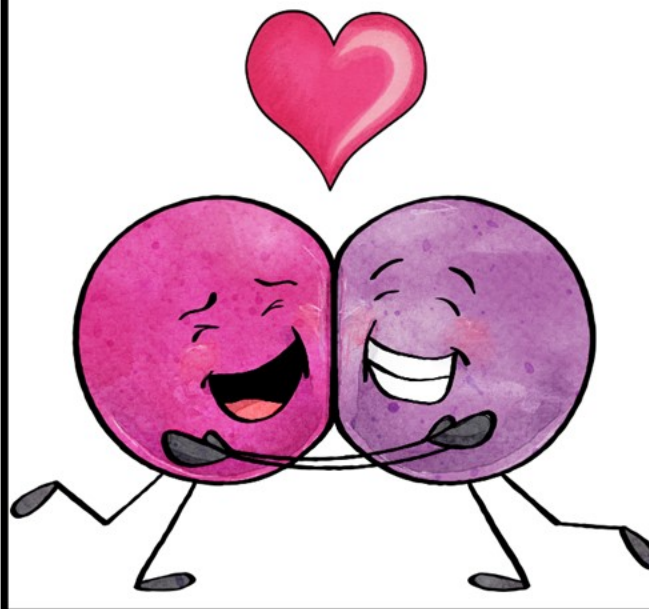
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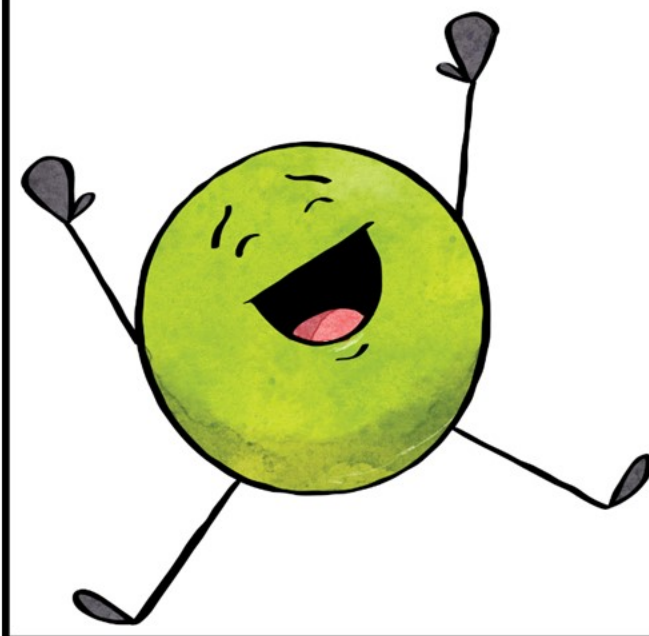
Music can help you relax, boost your spirits, and put your mind at ease.

## HUG, LOVE



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

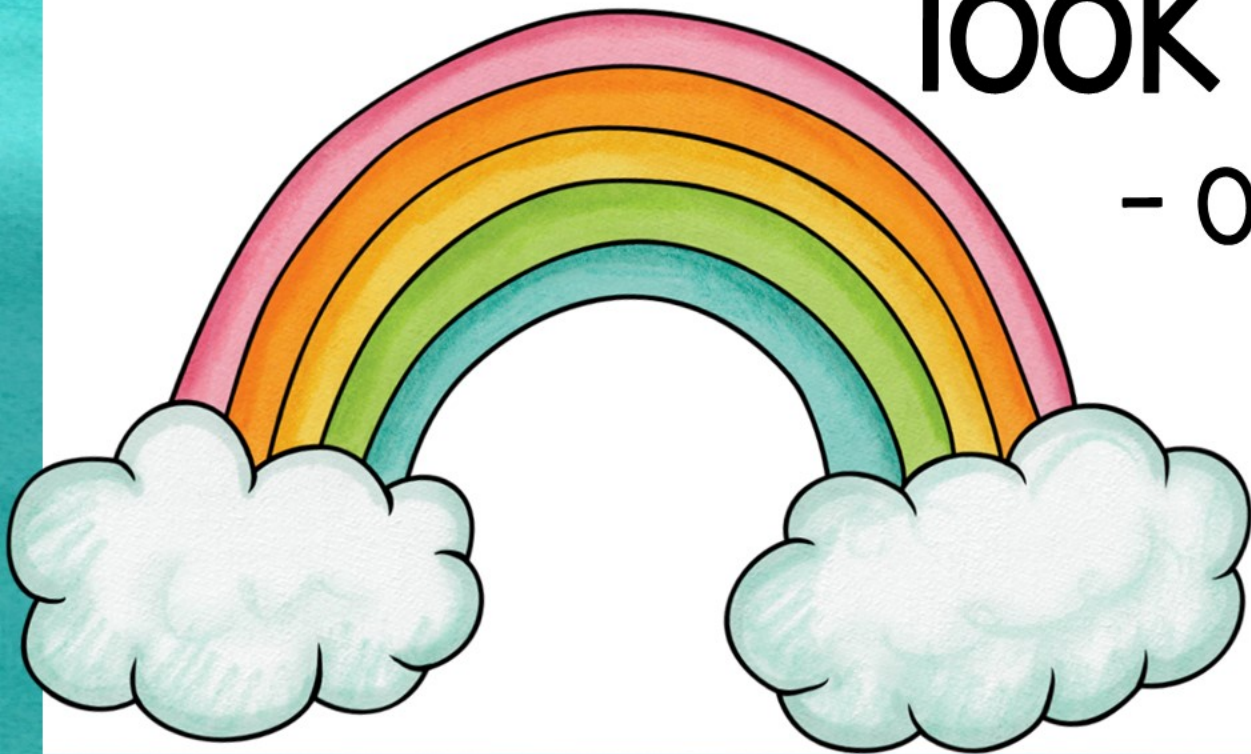
## LAUGH



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

When it rains,  
look for rainbows.  
When it's dark,  
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# JOURNAL TIME

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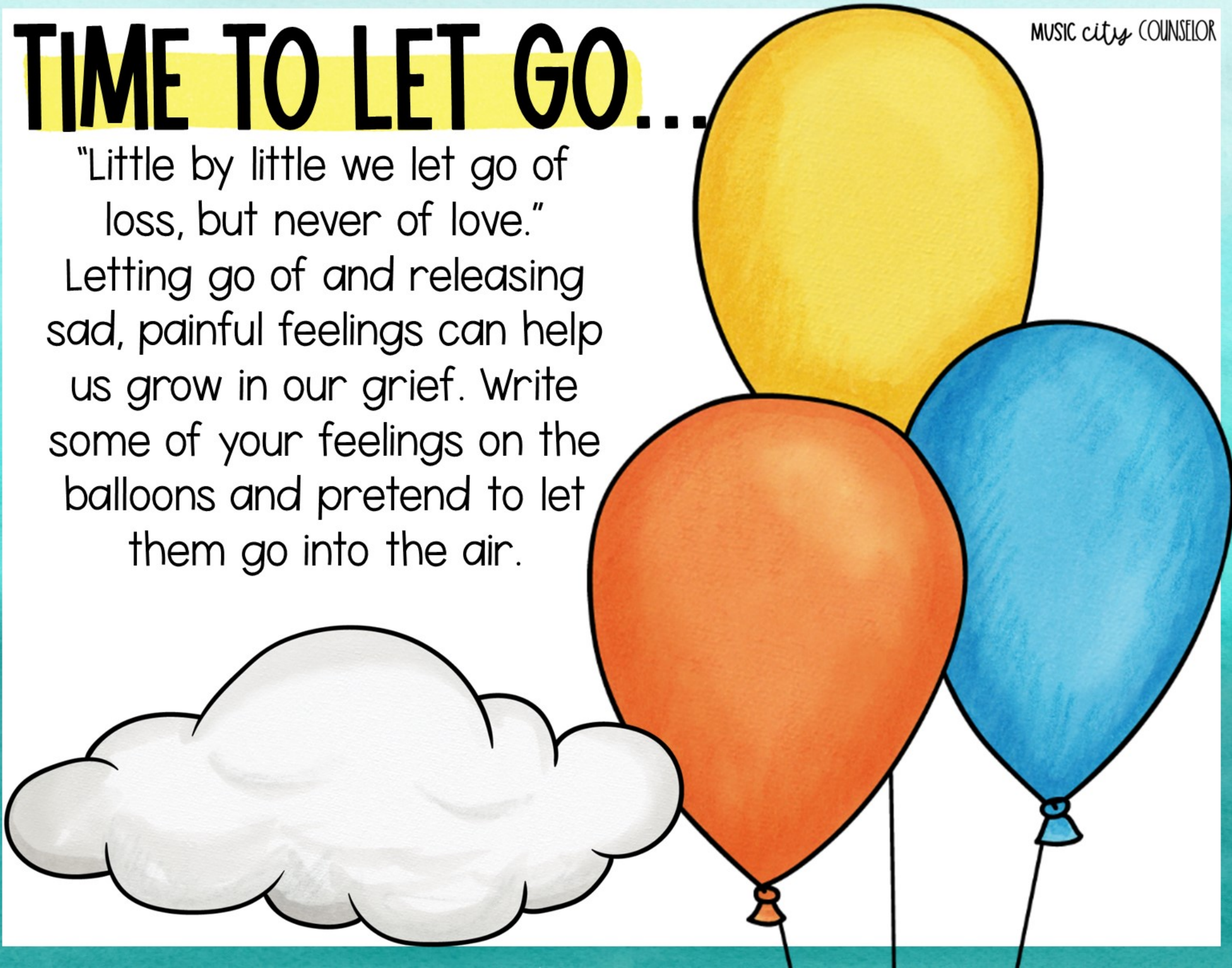


# TIME TO LET GO...

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"Little by little we let go of  
loss, but never of love."

Letting go of and releasing  
sad, painful feelings can help  
us grow in our grief. Write  
some of your feelings on the  
balloons and pretend to let  
them go into the air.

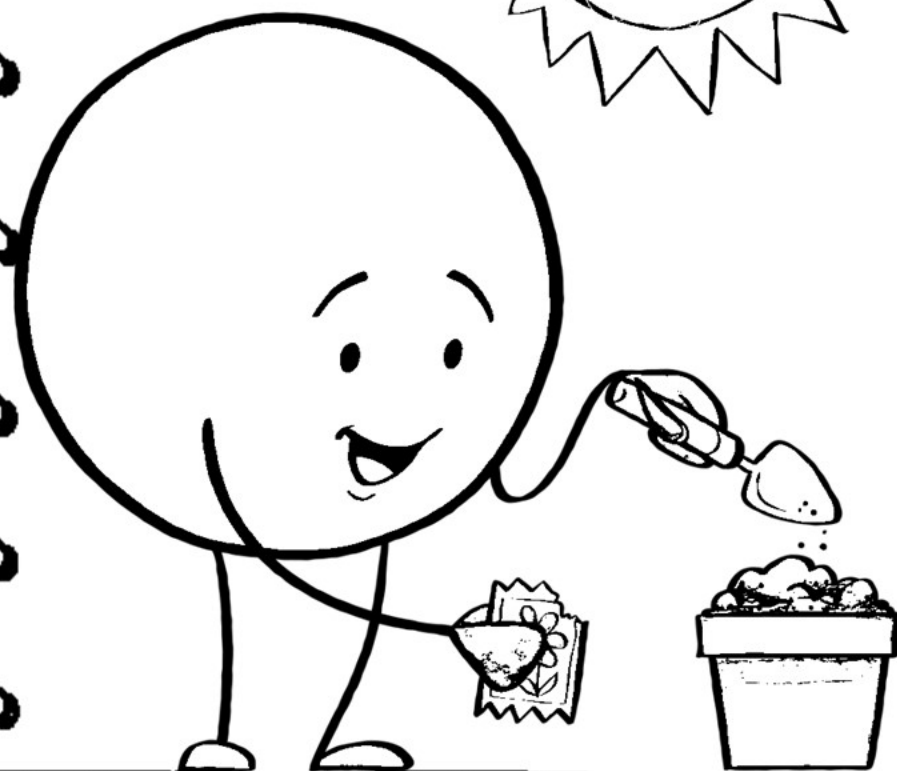
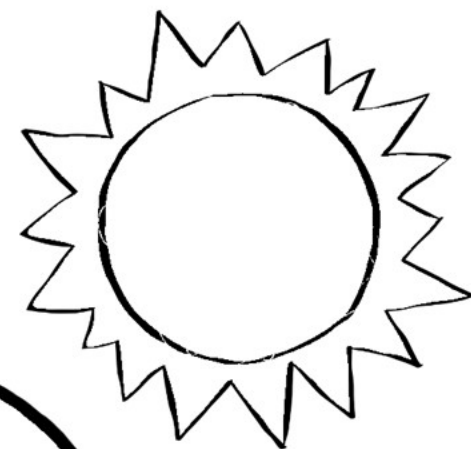




**BLACK**  
**+ WHITE**



# Let's GROW through GRIEF

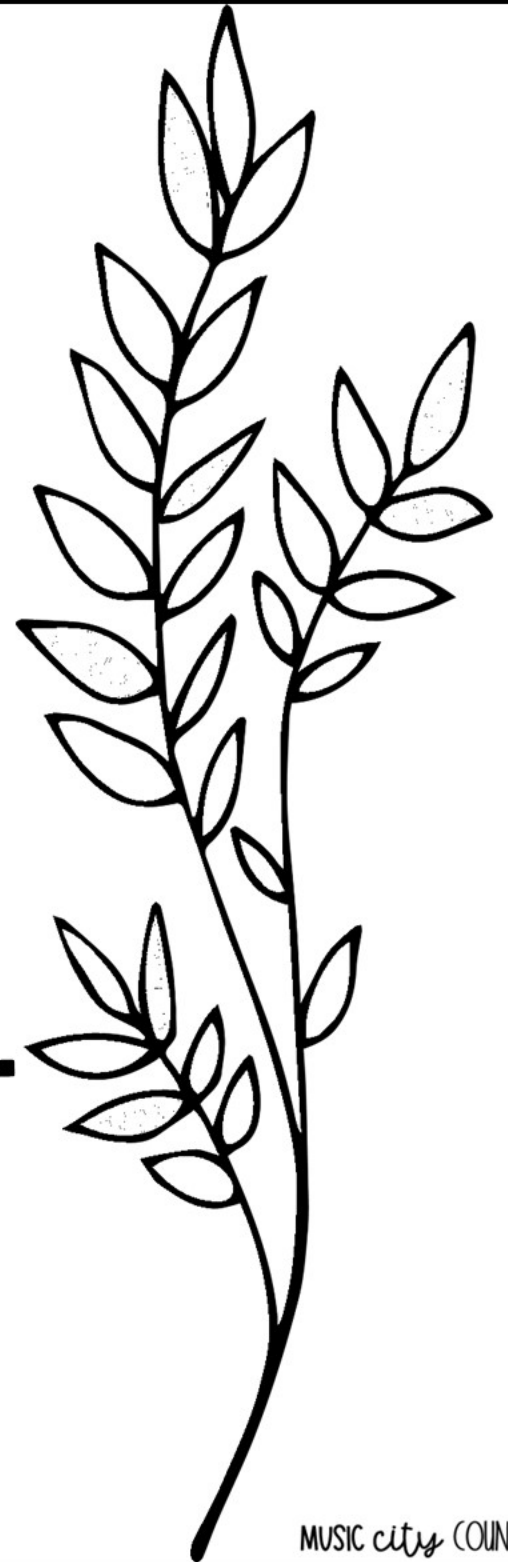


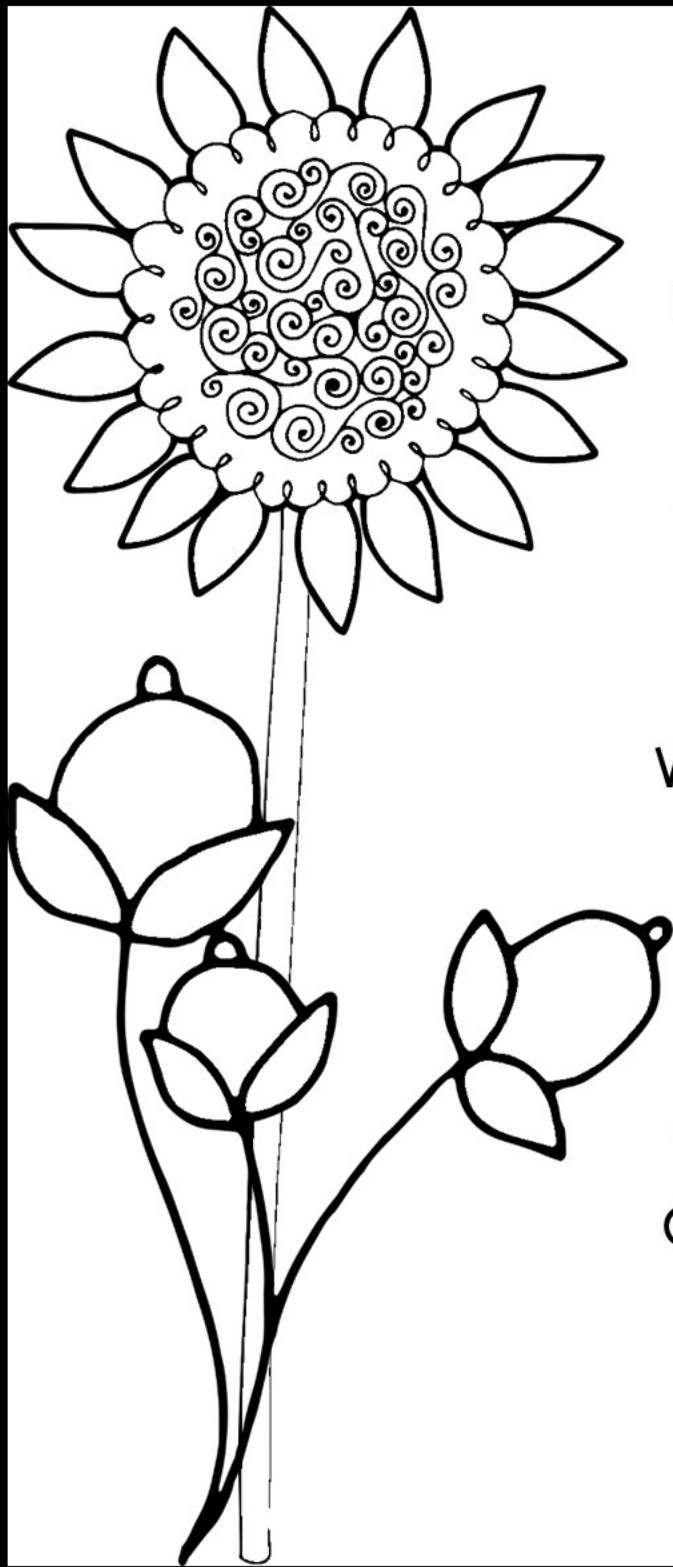


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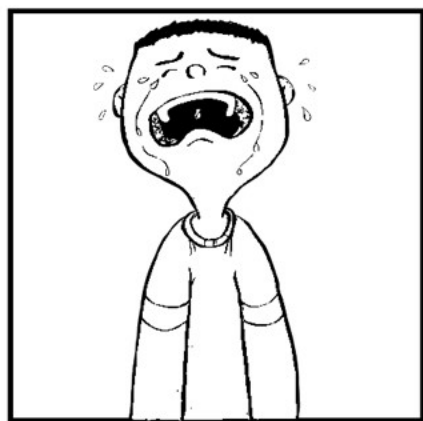


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Grief looks different for everyone.

Circle the feelings and experiences you have had.



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Tired



Stomach aches



Trouble focusing



Difficulty sleeping



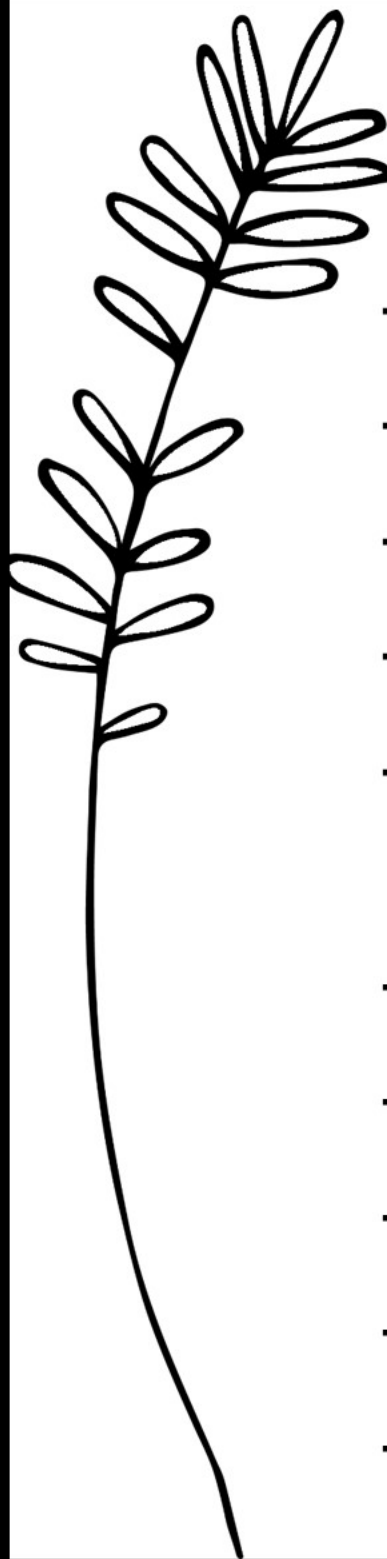
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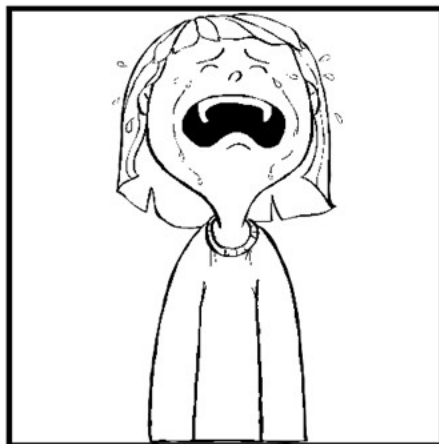


# HOW DO YOU FEEL TODAY?

Circle the way you feel today.



Shocked



Sad



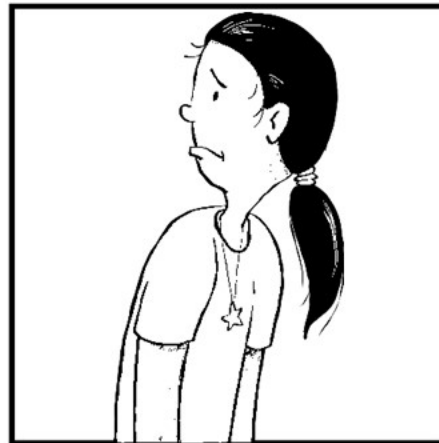
Angry



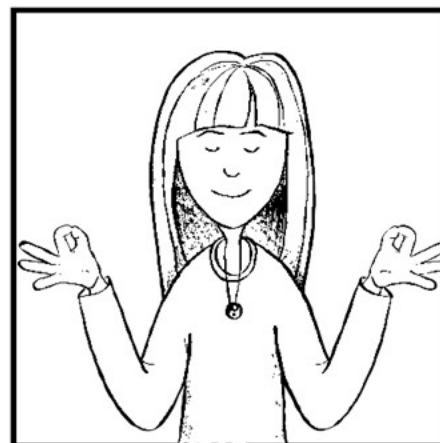
Scared



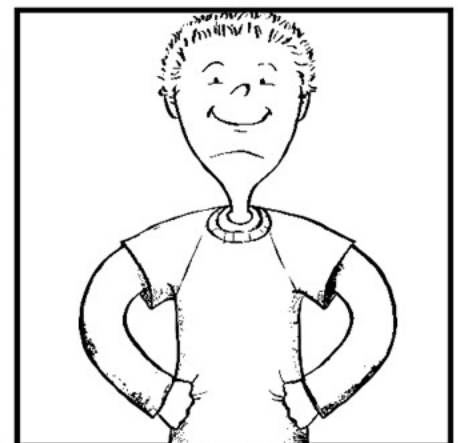
Hurt



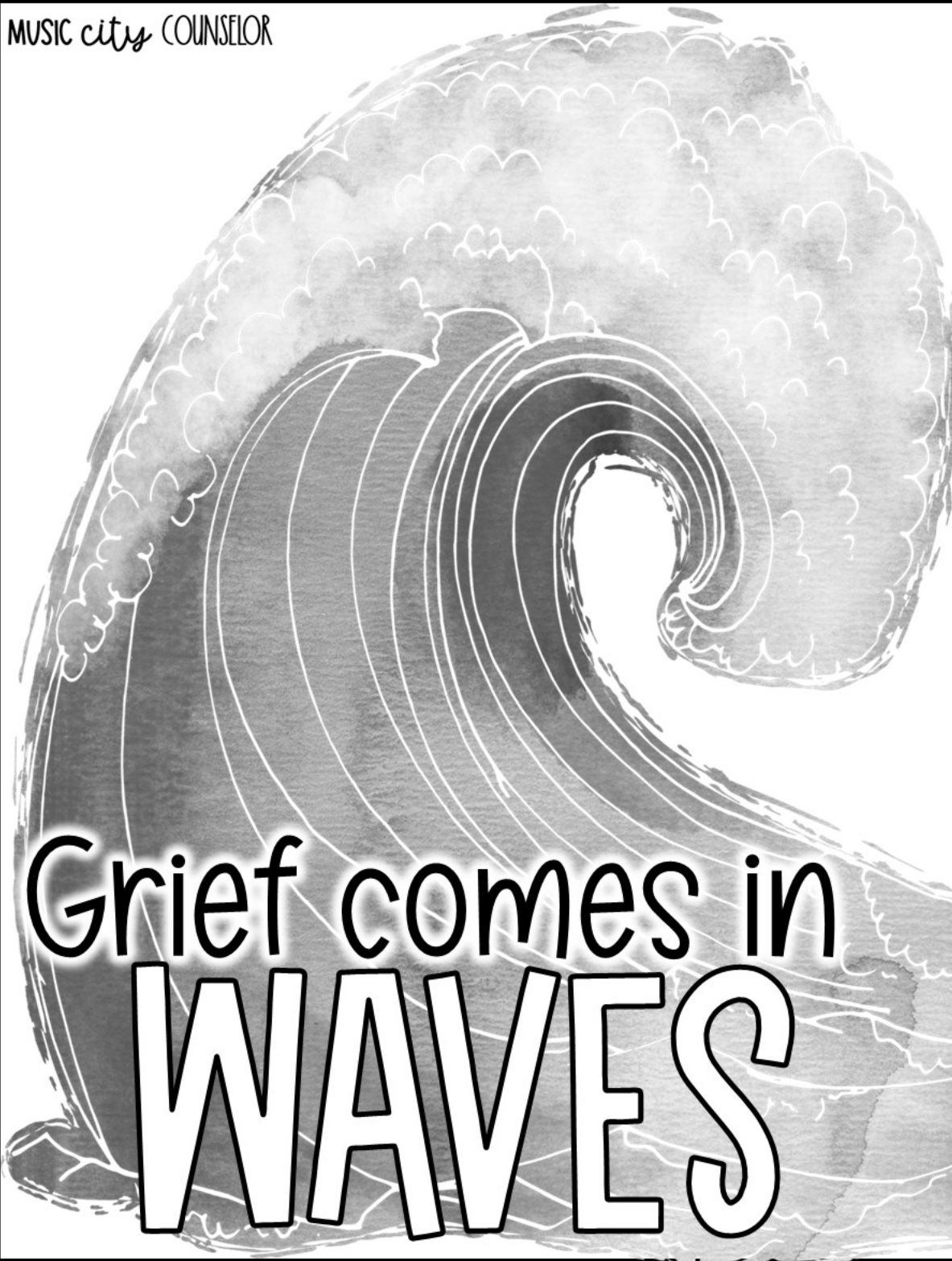
Lonely



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Grief comes in  
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# THE STAGES OF GRIEF

Just like a flower, we grow and change in our grief over time.



**SHOCK**



**ANGER**



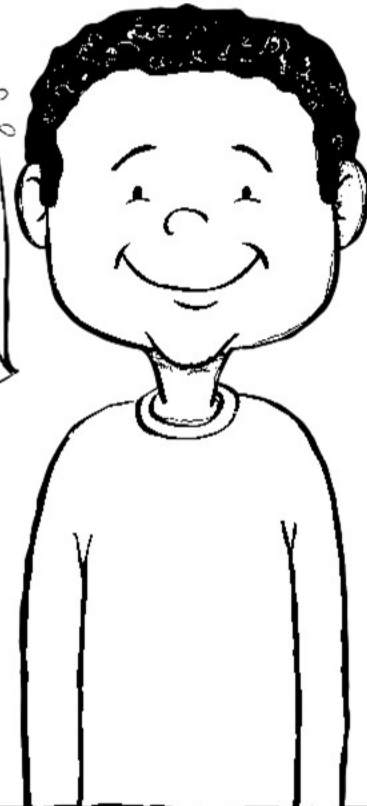
**DEAL-MAKING**



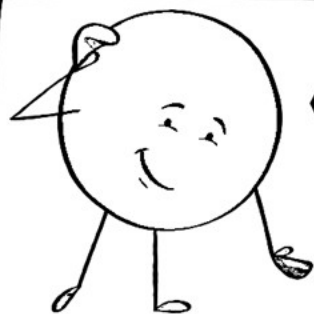
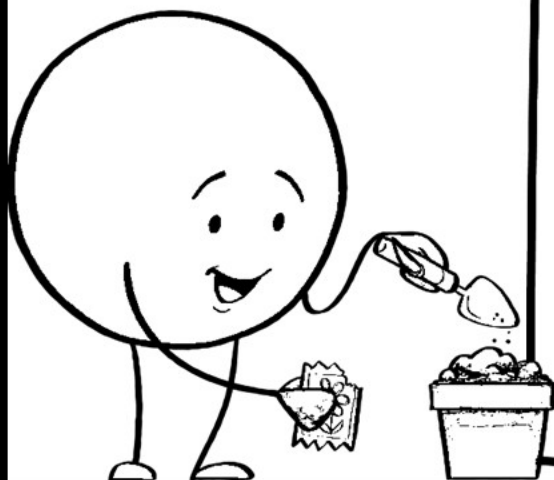
**SADNESS**



**PEACE**



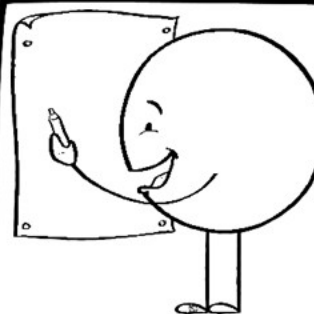
# MY LOVED ONE:



SOUNDED LIKE...



FELT LIKE...



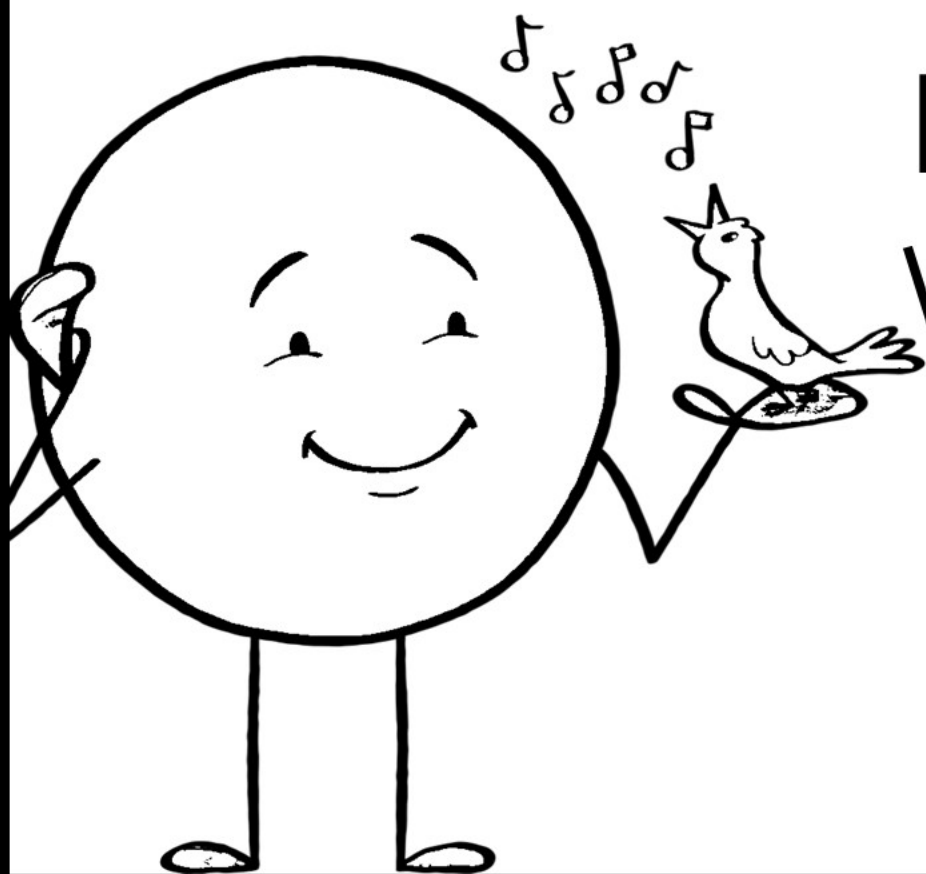
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I am I and you are you.  
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# JOURNAL TIME

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1) What are 3 emotions that you're feeling about this loss?

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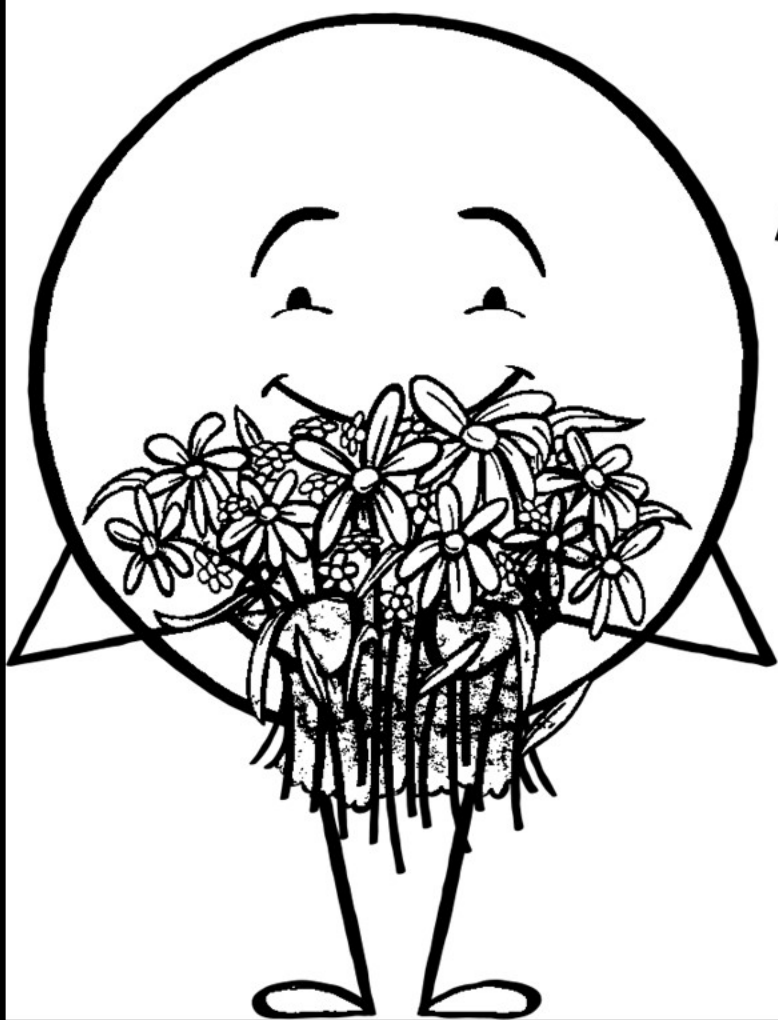






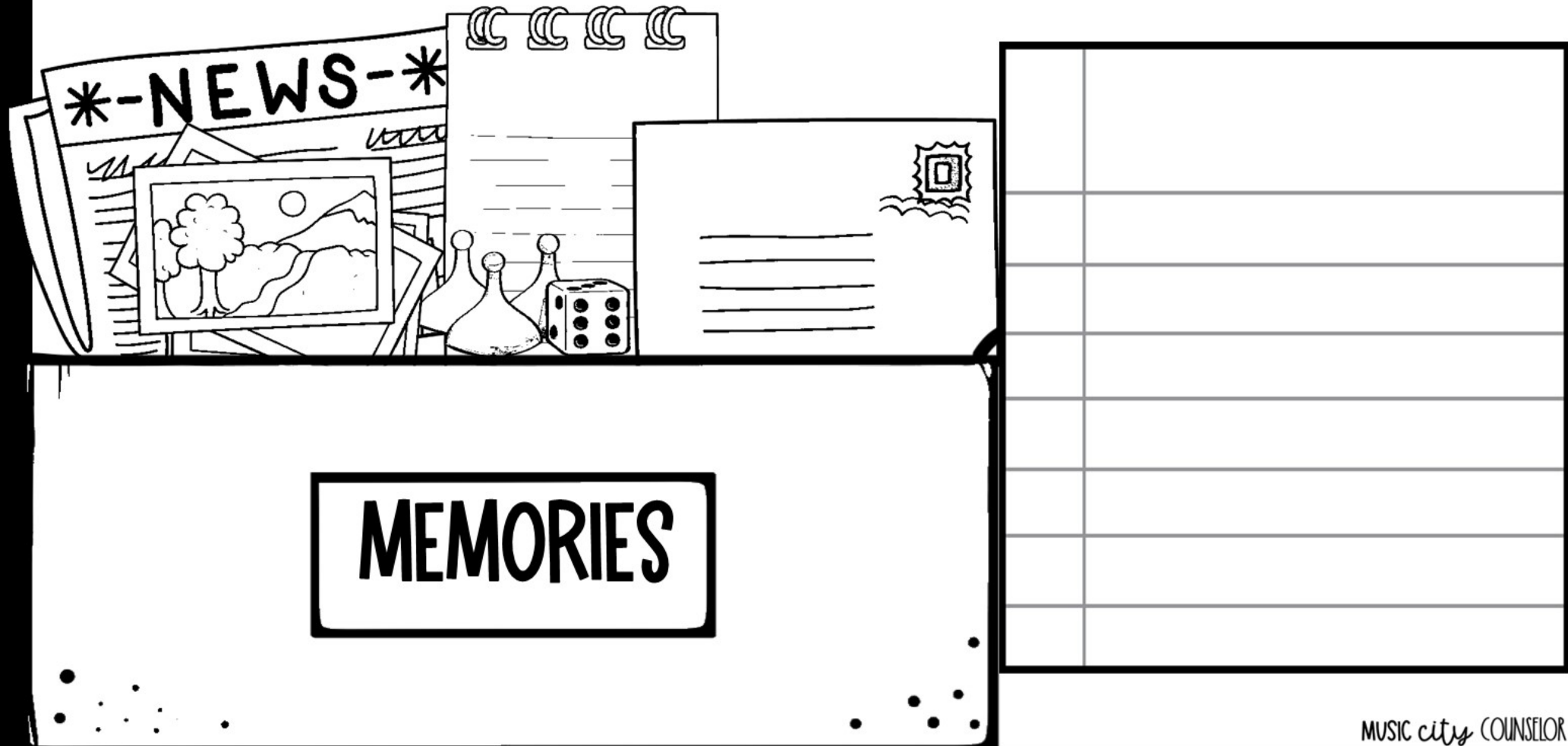
I love you  
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And now I will  
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– Mitch Albom



# LET'S MAKE A MEMORY BOX

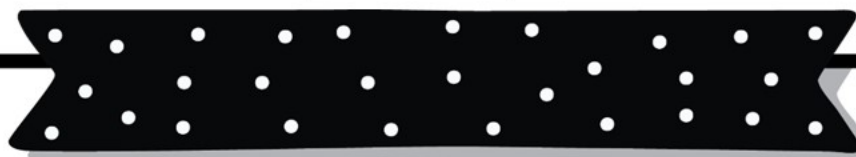
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1) What do you need from your family members?

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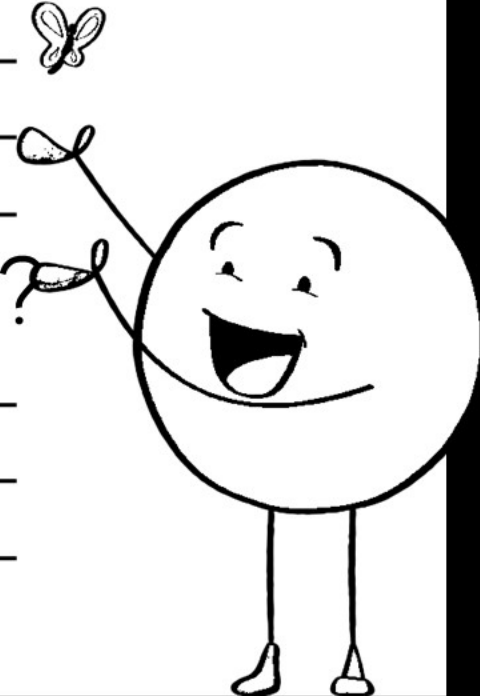
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3) What do you need from your friends?

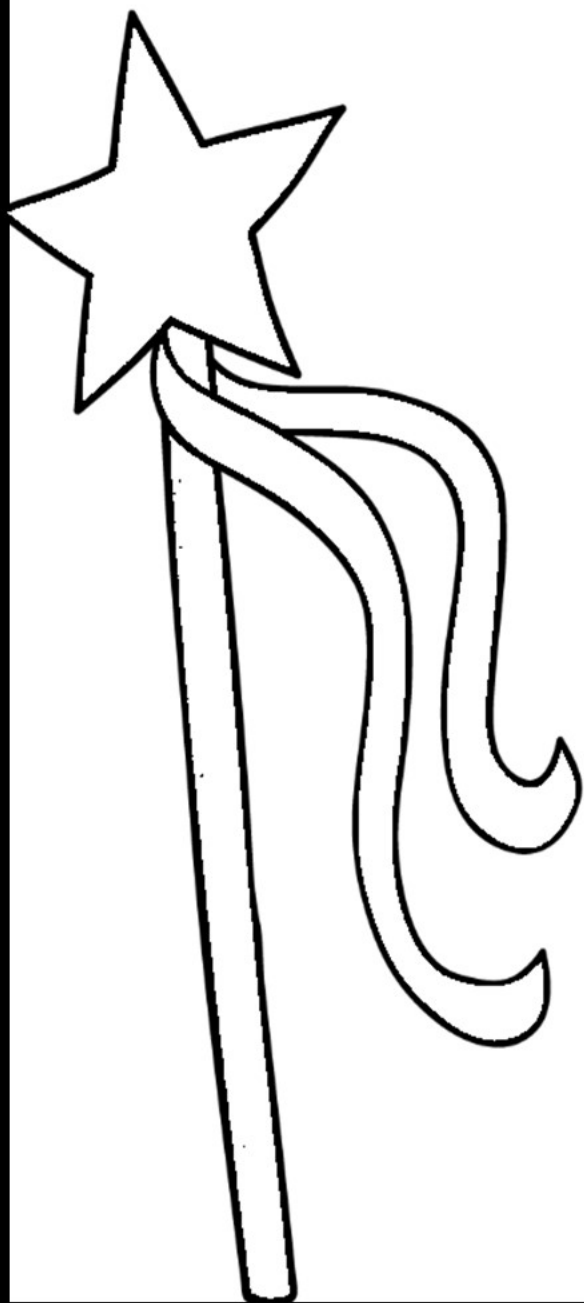
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# IF I HAD A MAGIC WAND...



If you had a magic wand,  
what would you wish for?

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How would it feel to get your  
wish?

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# JOURNAL TIME

MUSIC CITY COUNSELOR

Writing about our feelings can help us grow in our grief.

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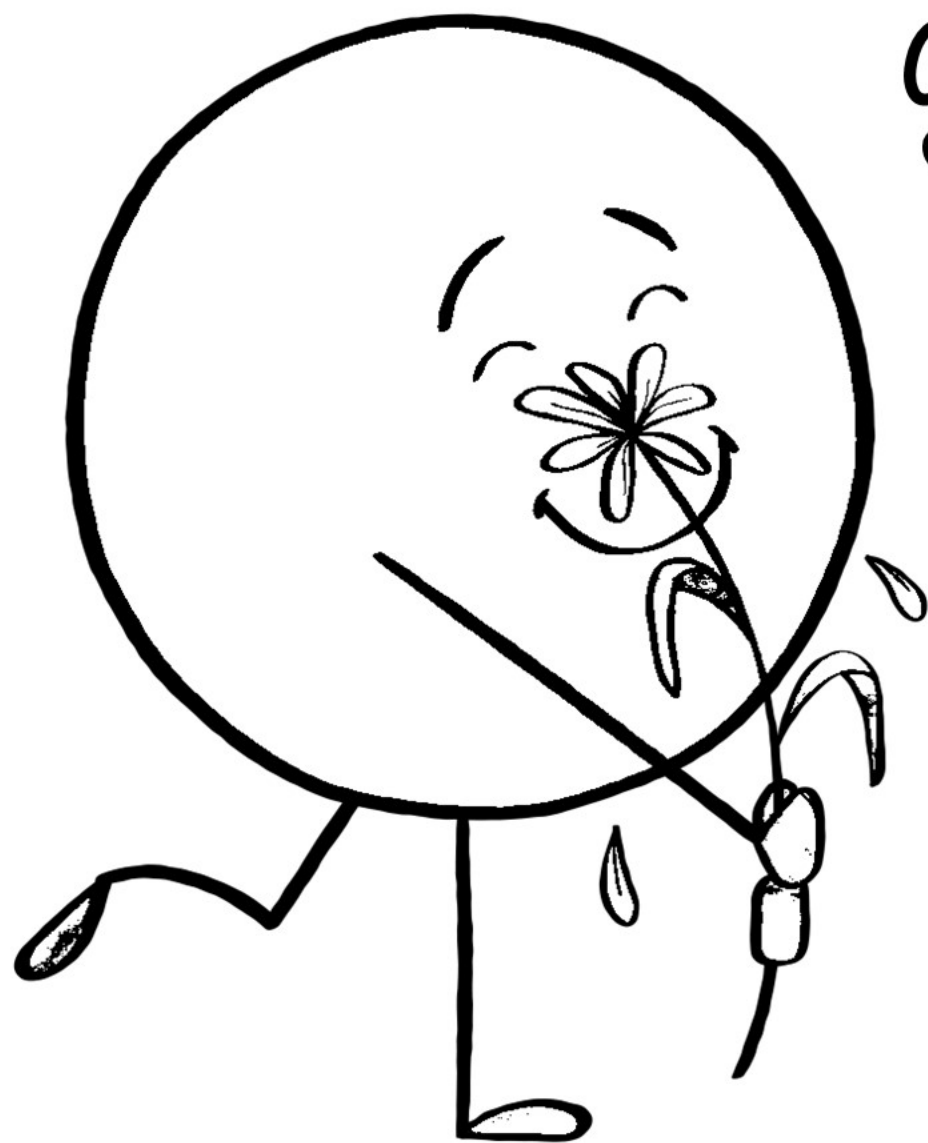
3) What do you miss most about your loved one?

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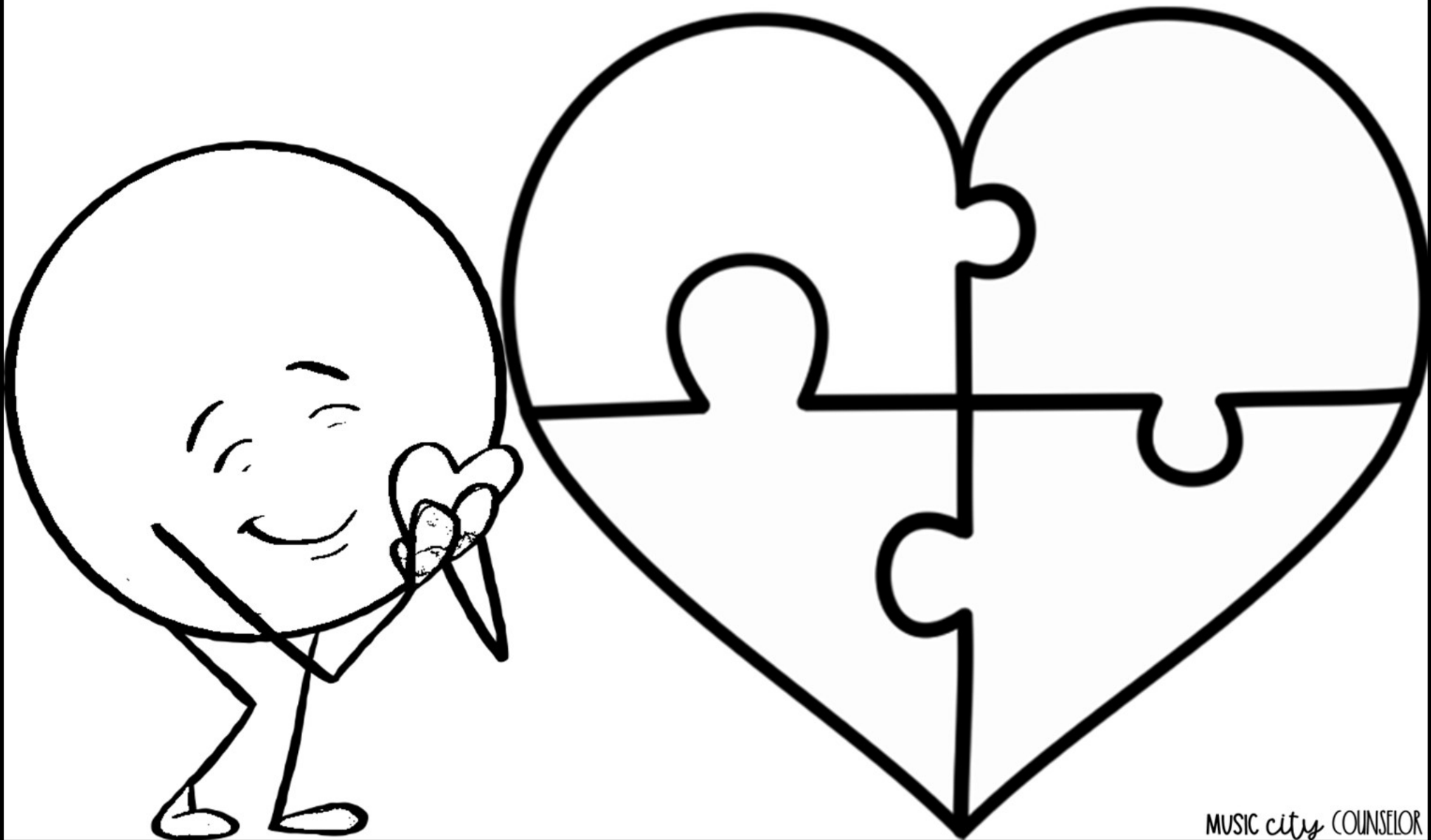


It's not about  
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# THE PIECES OF MY HEART

Fill out the pieces of the heart with the people that you love.





# COPING WITH GRIEF

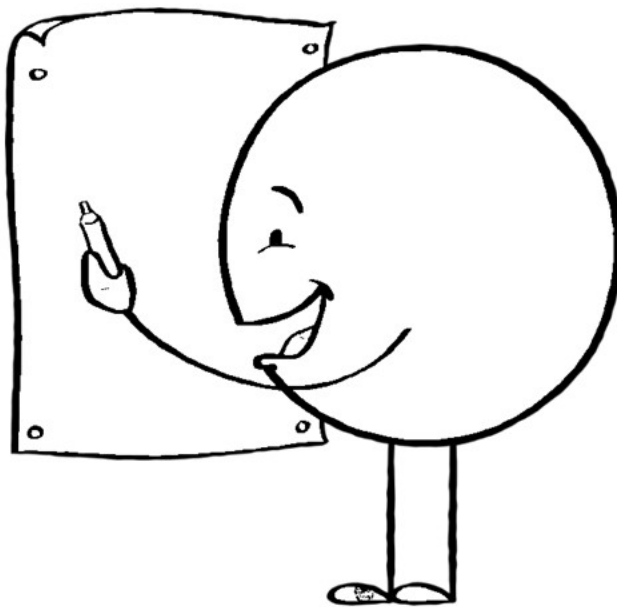
Coping strategies help heal our grieving hearts and adjust to life without our loved one. Circle your favorite ones.

## TALK IT OUT



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

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Draw a picture of your loved one or a happy memory you have together.

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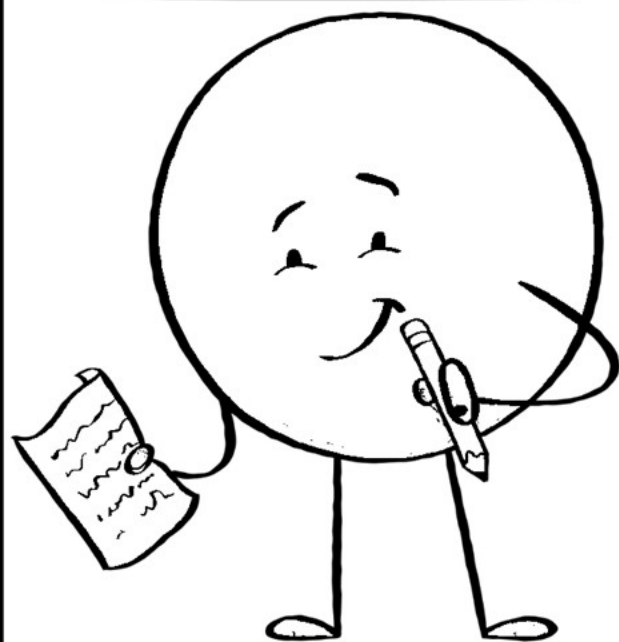


Close your eyes and imagine happy memories with your loved one.

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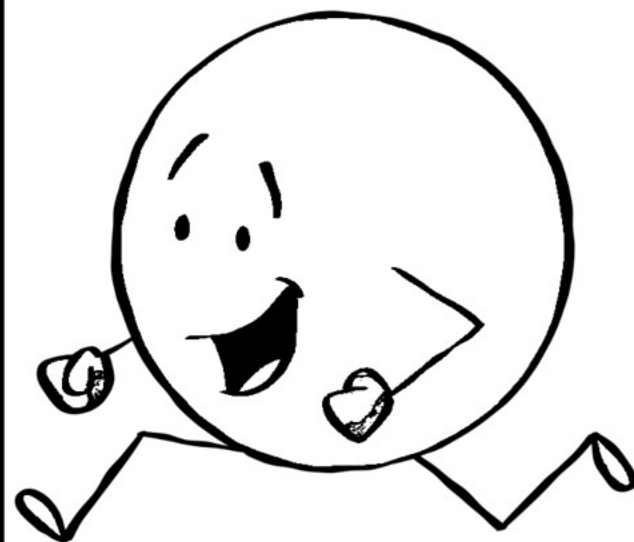
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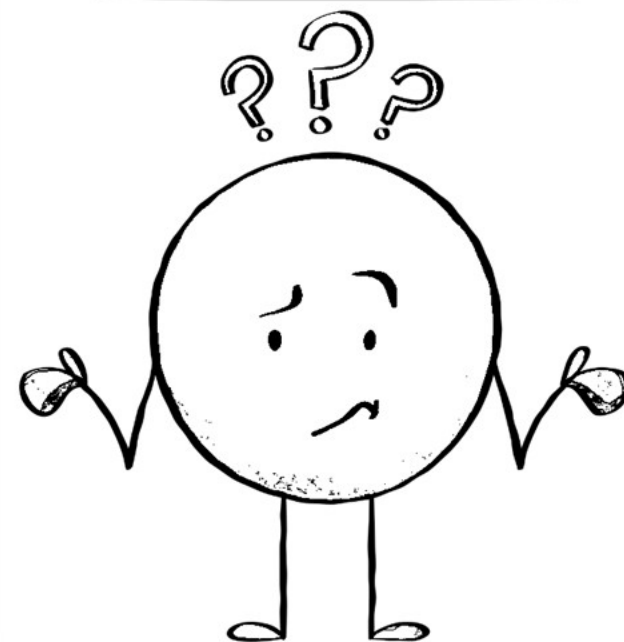
Journal about your feelings and special memories, or write a goodbye letter.

## EXERCISE



Staying active and getting fresh air outside helps you feel calm and strong.

## ASK QUESTIONS



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

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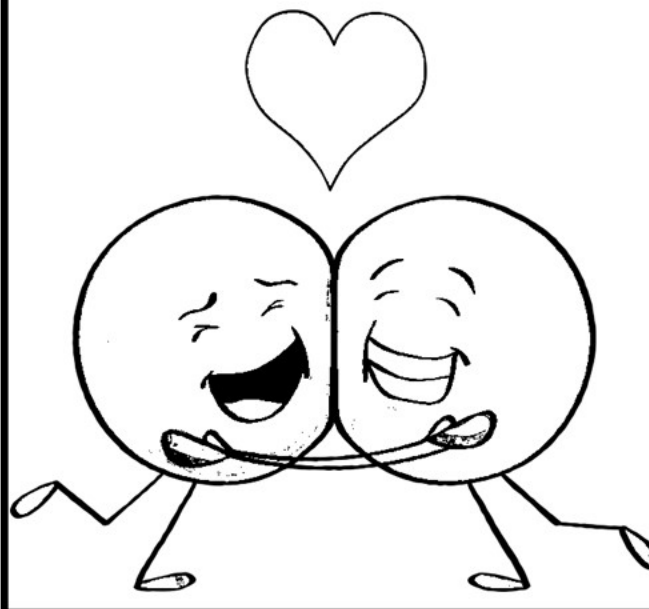
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## MUSIC



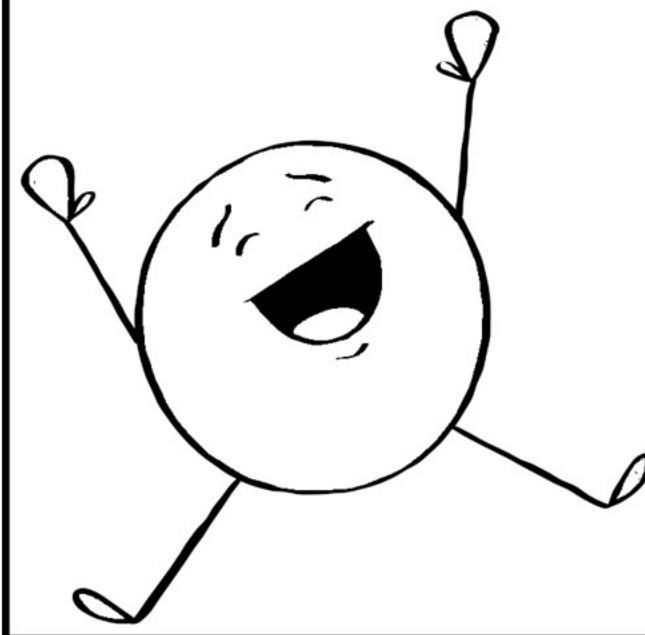
Music can help you relax, boost your spirits, and put your mind at ease.

## HUG, LOVE



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

## LAUGH

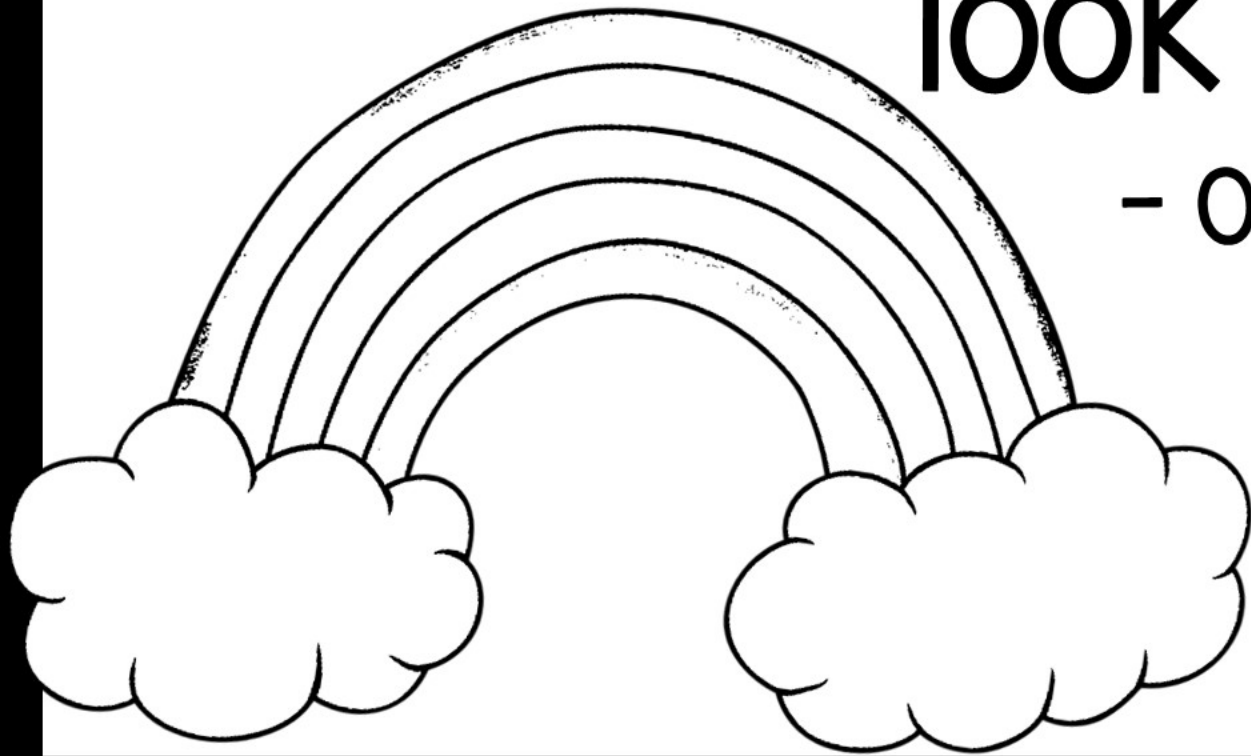


Laughter can help you feel more relaxed, closer to others, and happier!



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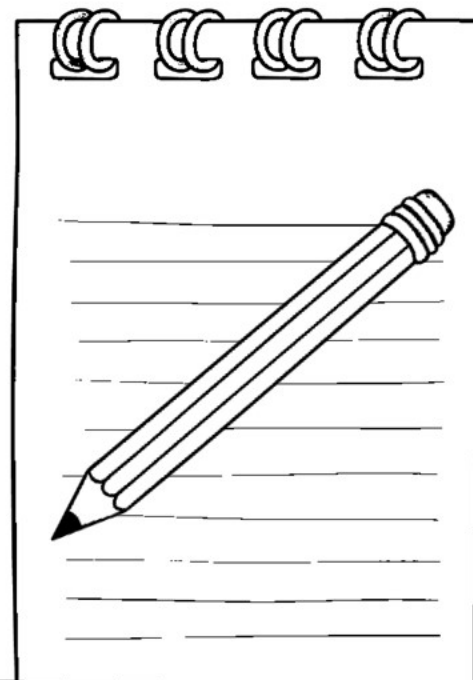
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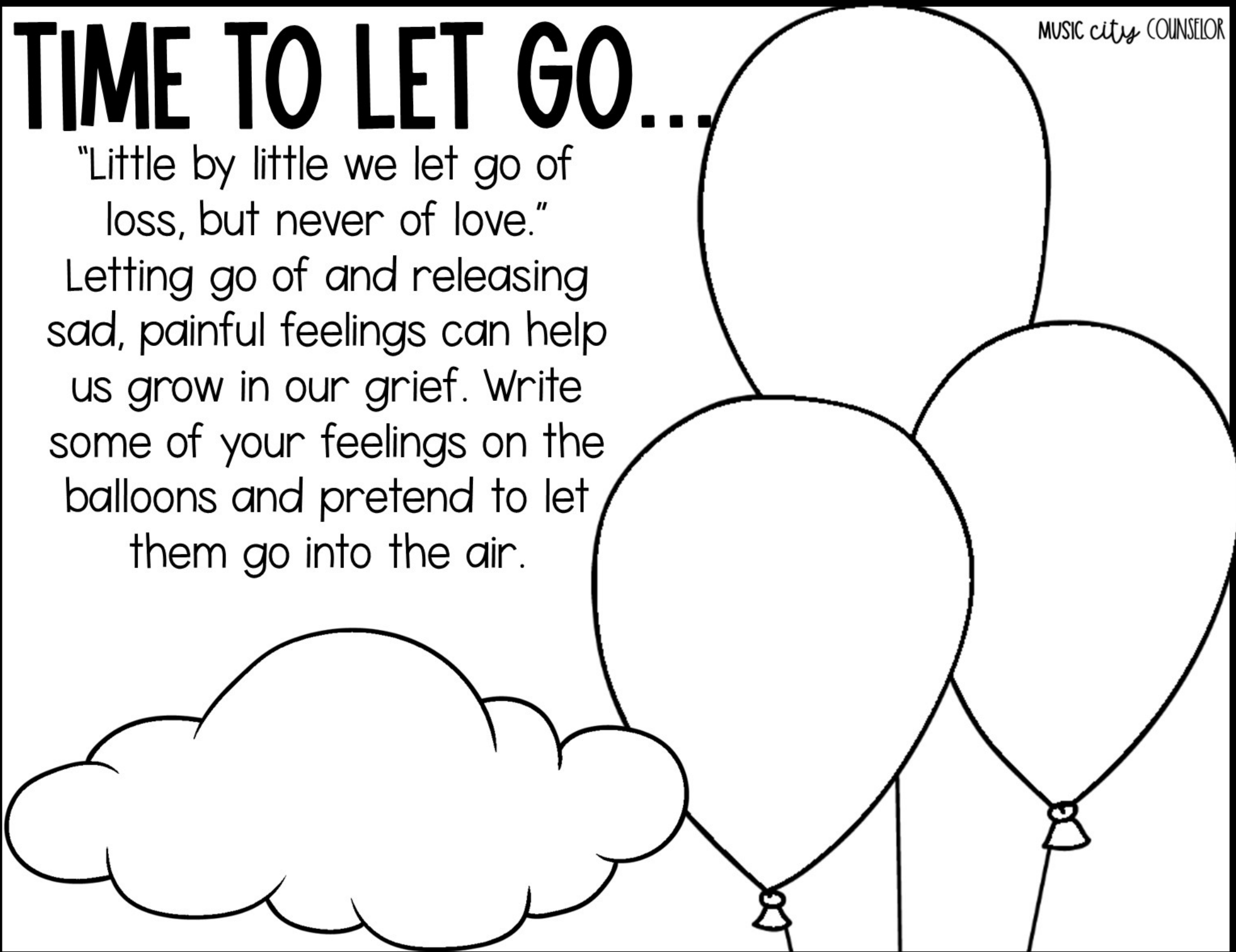


# TIME TO LET GO...

MUSIC city COUNSELOR

"Little by little we let go of  
loss, but never of love."

Letting go of and releasing  
sad, painful feelings can help  
us grow in our grief. Write  
some of your feelings on the  
balloons and pretend to let  
them go into the air.







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