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[heartandmindteaching@gmail.com](mailto: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  [Growing through Grief](#)

**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 \(youtube video\)](#)

# Growing THROUGH Grief



## Session Objective:

- \*Students will identify ways to cope with grief.
- \*Students will recognize coping skills that they would use to handle stressors.

## Materials:

- \*Scissors
- \*Glue
- \*Pencil
- \*Handouts (cut out coping skills).

## Guiding Questions:

- \*How can using coping skills help us deal with some difficult situations that occur with grief?
- \*Why is it important to know which coping skills we would/could use?

## Session Details (about 30 minutes)

\*Growing through Grief activity: Each student gets a growing through grief page (page 6, 7, 8, or 9), and coping skills watering cans. The watering can coping skills will need to be cut out. Show students and review the poster on page four going through how to grow through grief. Say "There are many things about grief that can break our hearts and hurt us, but there are ways to deal with the hurt and feel better and things that can help us heal and grow." Discuss some of the ways to cope with grief listed on the coping skills poster. "Cut out and paste the coping skills watering cans that you think you would actually use or have used before to feel better onto your growing through grief sunflower." (There are watering can images on the paper to help guide them where to put their coping skills watering cans). Once students have glued a watering can on each spot, have a discussion about which ones each student chose and why. Then complete the Growing through grief handouts that go through common grief coping situations and have students put what they would use in those situations. Explain that there are no wrong answers.

## 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 skills: Demonstrate effective coping skills when faced with a problem. (B-SMS 7)

## SEL Competencies:

- \*Self-awareness: recognizing strengths.
- \*Self-management: stress management, self-discipline.
- \*Responsible decision-making: solving problems.

# Growing THROUGH Grief



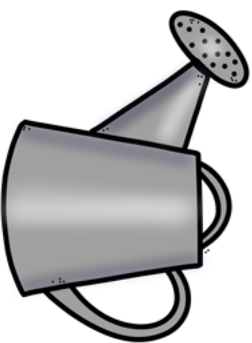
**DIG**

Acknowledge the loss, and the change to your life. Set boundaries and limit interactions with non-supportive people.



**PLANT**

Think of positive memories and rituals or tributes to honor the memory of the one you lost.



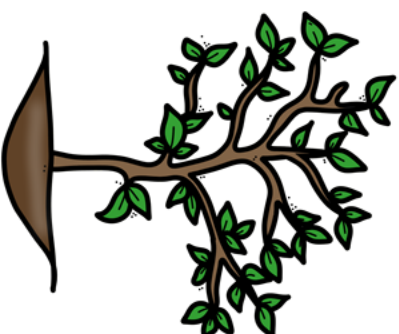
**NOURISH**

Take care of yourself with coping skills and self-care.



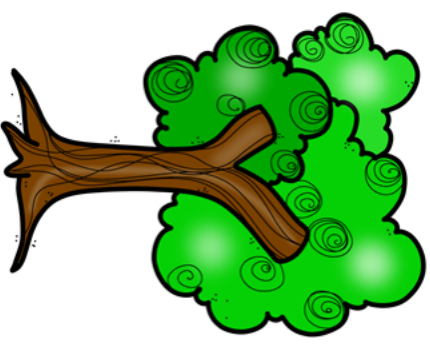
**TEND**

Reach out to your support system (Family, friends, support groups)



**BRANCH**

Acceptance of the loss and integration of the loss into one's life.



**GROWTH**

Find meaning and purpose with the loss you experienced.

# Coping Skills



Get some exercise.



Deep, slow breathing.



Do something creative.



Go outside.



Read a book.



Play an instrument.



Be in nature.

Play with a pet.



Go for a walk



Bake something.



Take a shower or bath.



Say positive affirmations.



Write, draw, or journal.



Clean or organize.



Do yoga/ mediate.



Talk to someone

Listen to music.



Focus on a hobby.



Focus on your senses.

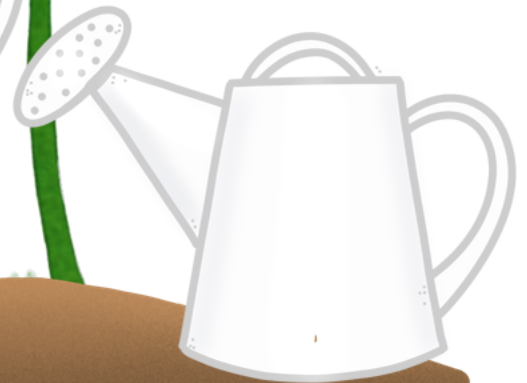
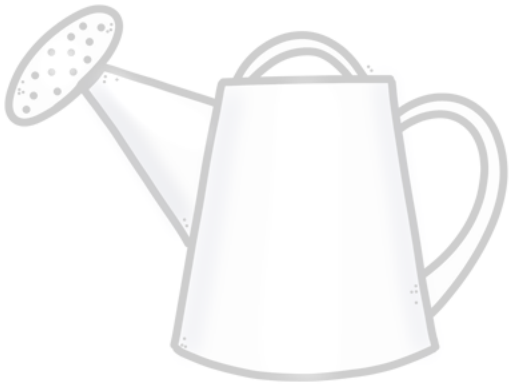
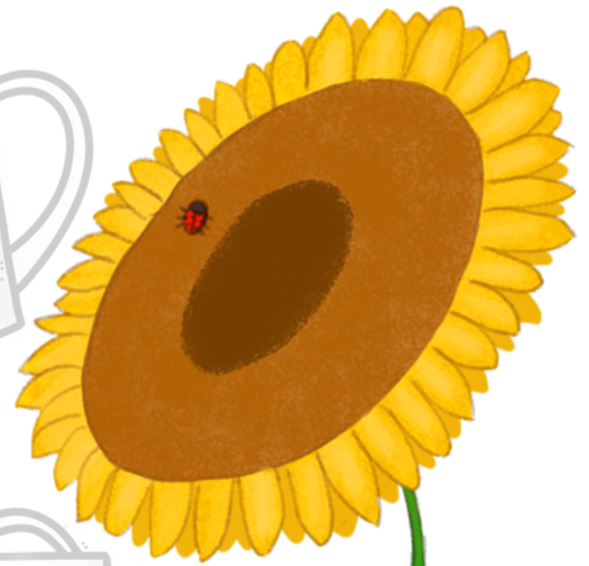


Stretch

# Growing THROUGH Grief



# Growing THROUGH Grief



# Growing THROUGH Grief



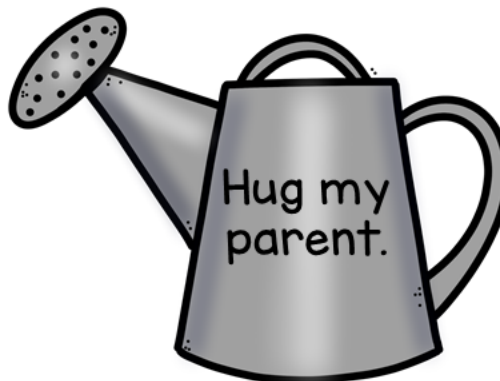
# Growing THROUGH Grief



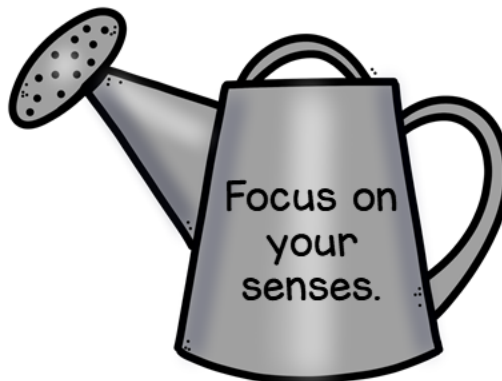
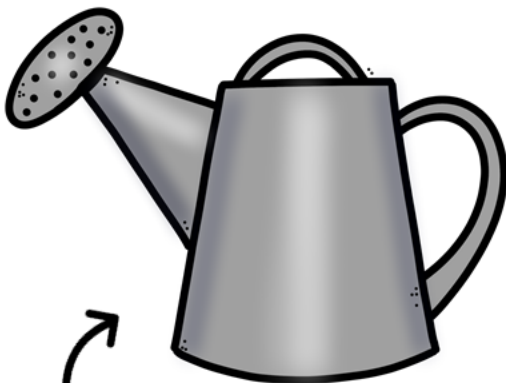
# Coping Skills



# Coping Skills































# Coping Skills































# Growing THROUGH Grief

Read the common grief situations and color in a coping skill that you would use.

	<p>I miss the person/pet that died.</p>	 <p>Talk to parent about your feelings.</p>	 <p>Hug your parent.</p>	 <p>Count to ten, take deep breaths.</p>
	<p>People ask where the person/pet is that died.</p>	 <p>Write in journal.</p>	 <p>Talk to a counselor.</p>	 <p>Use stress ball.</p>
	<p>People keep asking me about how I am doing.</p>	 <p>Draw your feelings.</p>	 <p>Talk to parent about your feelings.</p>	 <p>Hug a pet or stuffed animal.</p>
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	<p>My family is different after the loss.</p>	 <p>Listen to music.</p>	 <p>Talk to parent about your feelings.</p>	 <p>Participate in a support group.</p>
	<p>I worry that it was my fault.</p>	 <p>Talk to a counselor.</p>	 <p>Talk to your sibling.</p>	 <p>Talk to a trusted family member.</p>
	<p>I worry about others who could pass away too.</p>	 <p>Write in your journal.</p>	 <p>Focus on what you can control.</p>	 <p>Talk to your parent.</p>





























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# Growing THROUGH Grief

Read the common grief situations and color in a coping skill that you would use.

 <p>I regret the relationship I had with the person/pet that died.</p>	 <p>Talk to parent about your feelings.</p>	 <p>Focus on what you can control.</p>	 <p>Count to ten, take deep breaths.</p>
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BLACK  
AND  
WHITE  
VERSION

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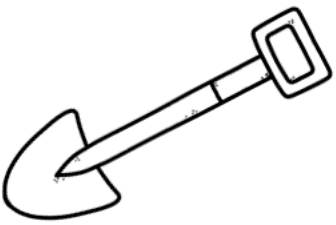
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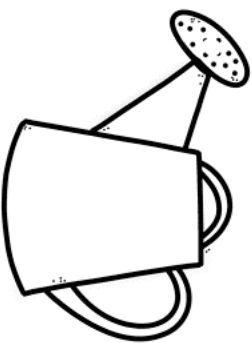


**DIG PLANT**

Acknowledge the loss, and the change to your life. Set boundaries and limit interactions with non-supportive people.



Think of positive memories and rituals or tributes to honor the memory of the one you lost.



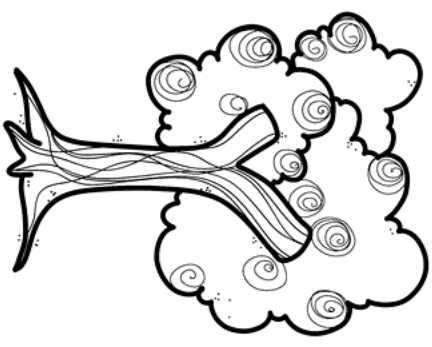
Take care of yourself with coping skills and self-care.



Reach out to your support system (Family, friends, support groups)



Acceptance of the loss and integration of the loss into one's life.



**BRANCH GROWTH**

Find meaning and purpose with the loss you experienced.

# Coping Skills



Get some exercise.



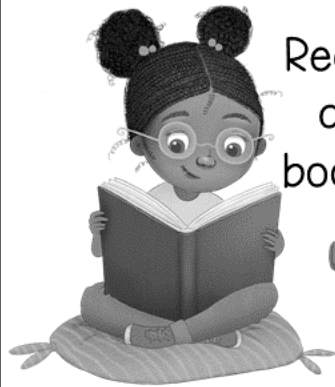
Deep, slow breathing.



Do something creative.



Go outside.



Read a book.



Play an instrument.

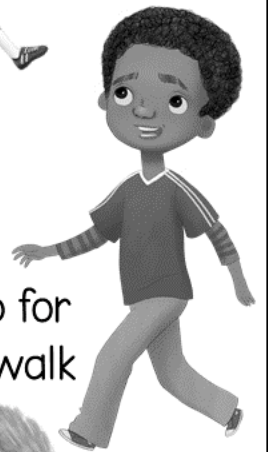


Be in nature.

Play with a pet.



Go for a walk



Bake something.



Take a shower or bath.



Say positive affirmations.



Write, draw, or journal.



Clean or organize.

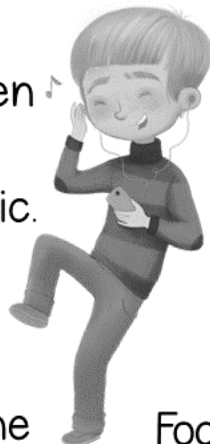


Do yoga/ mediate.



Talk to someone

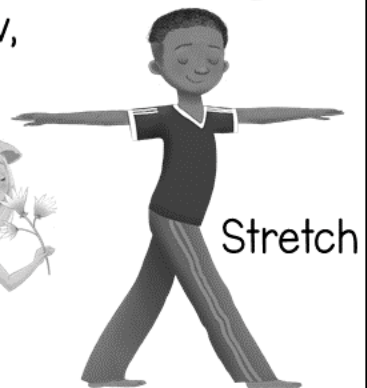
Listen to music.



Focus on a hobby.



Focus on your senses.



Stretch

# Growing THROUGH Grief



# Growing THROUGH Grief



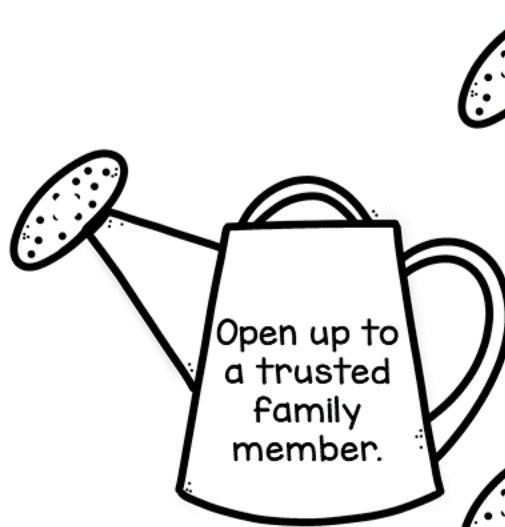
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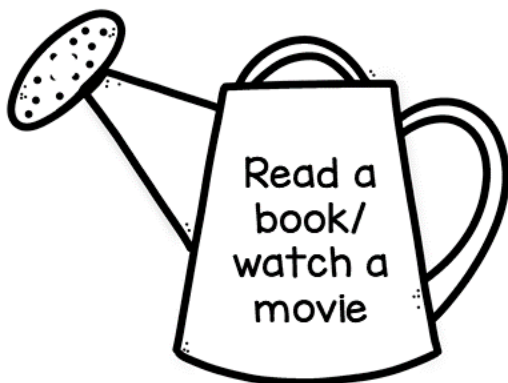
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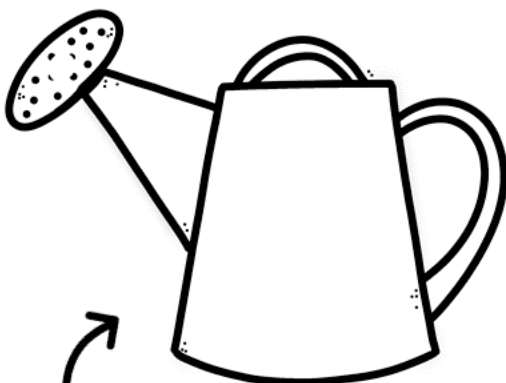
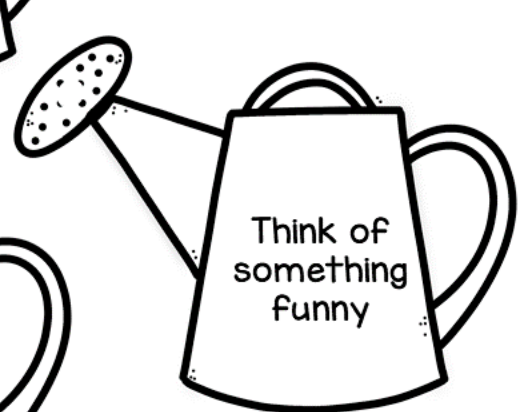
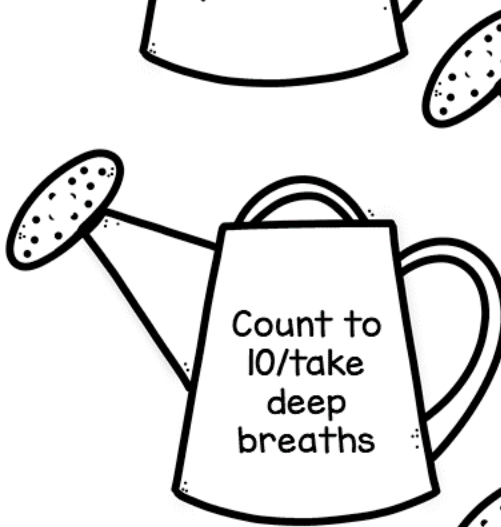
# Coping Skills



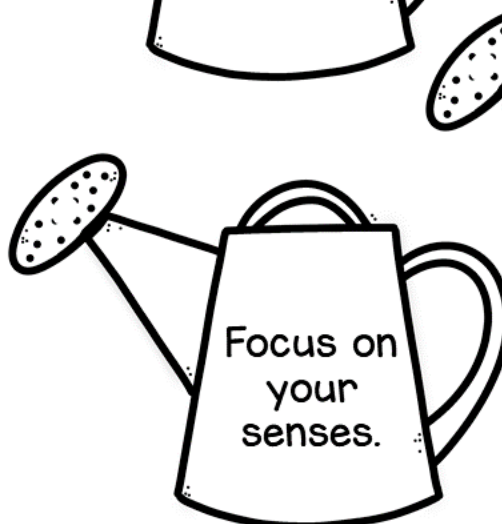
# Coping Skills



# Coping Skills































Make your own































# Growing THROUGH Grief

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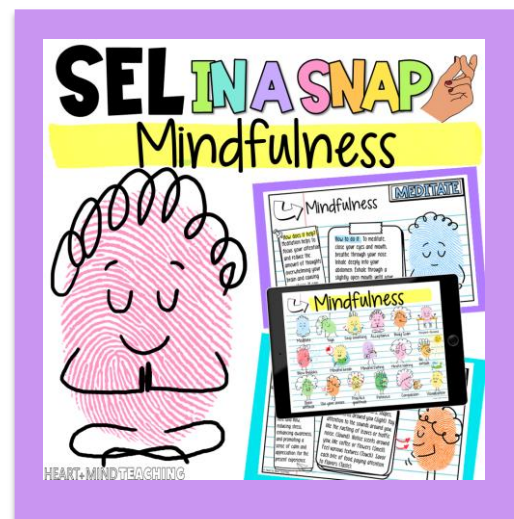
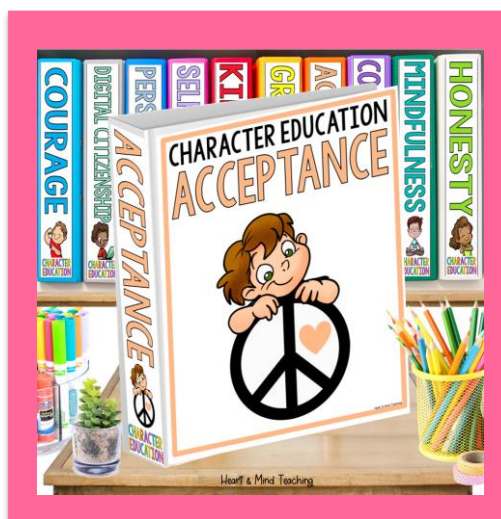
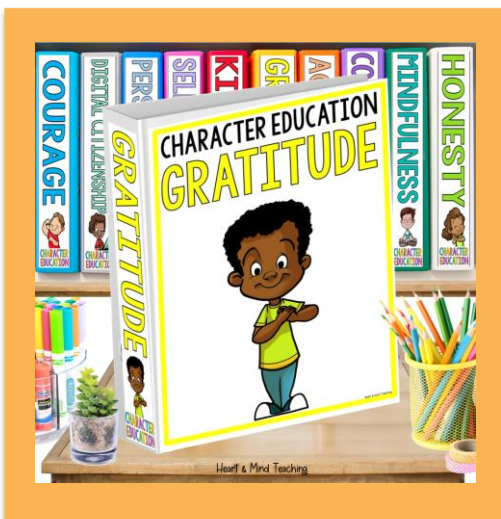
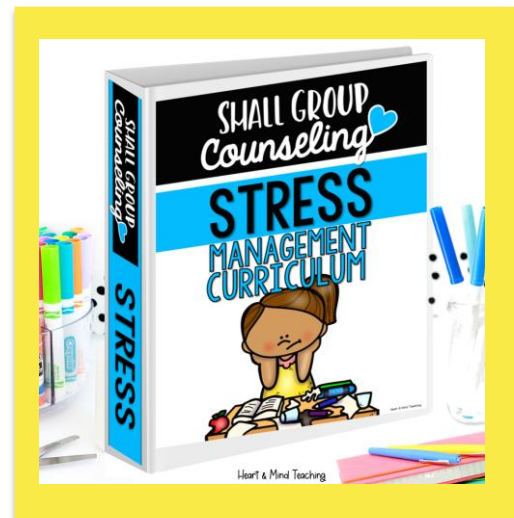
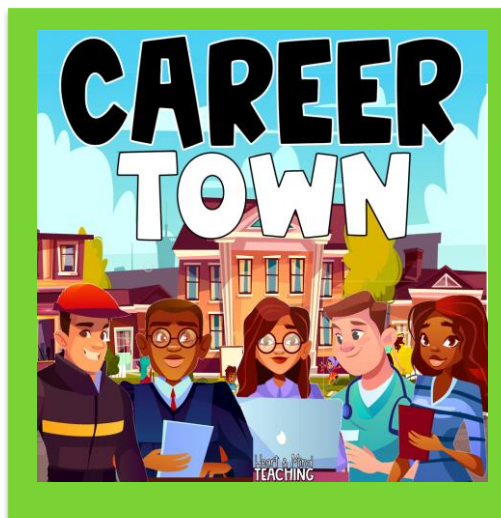
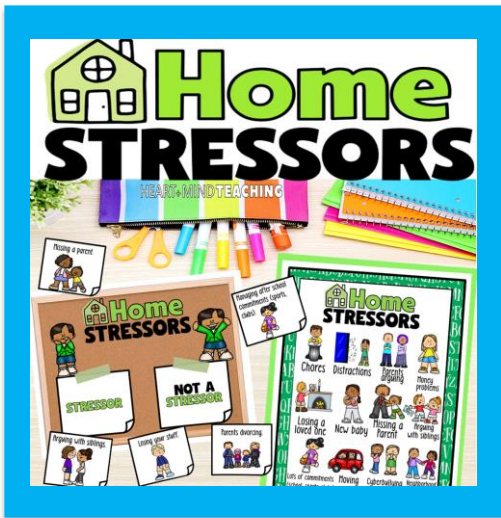
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# CHECK THESE OUT

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

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ 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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If you have any questions or concerns please email me at:

[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

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