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Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:

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  [My Memory Book](#)

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 \(youtube video\)](#)

MY COLORING MEMORY BOOK

Session Objective:

*Students will identify ways to cope with grief and reflect on their loss.

Materials:

*Handouts, pencils, crayons.

Guiding Questions:

- *How can reflecting on memories help us grieve?
- *What are some ways you can cope with grief?

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: Effective Coping Skills. (B-SMS 7)
- *Behavior: Ability to manage transitions and adapt to change. (B-SMS-10)

SEL Competencies:

- *Self-Management: Stress Management.
- *Responsible decision-making: analyzing situations, evaluating, reflecting.

Session Details

Say "Grief is a unique and deeply personal experience, and there is no one-size-fits-all approach to navigating it. This workbook encourages a creative and mindful engagement with memories, providing a space for expression, reflection, and celebration. It is not just about the pain of loss but also remembering our connection with those we love." Pass out a workbook for each student. Depending on how much time you have, pick and choose pages to complete together. If you have a short time, skip the pages that are only coloring pages. They can complete that on their own at home or another time. For students mourning the loss of a pet, use/include page 32. As you complete the workbook, have students share what they wrote and encourage discussion. Encourage them to keep the workbook and to reflect back on it when they are missing their loved one. They can get it out and color it when they feel stressed, coloring can be a therapeutic and relaxing activity and it is often used as a mindfulness tool in art therapy. It calms the nervous system and is a great expressive outlet.

MY COLORING MEMORY BOOK

©Heart and Mind Teaching

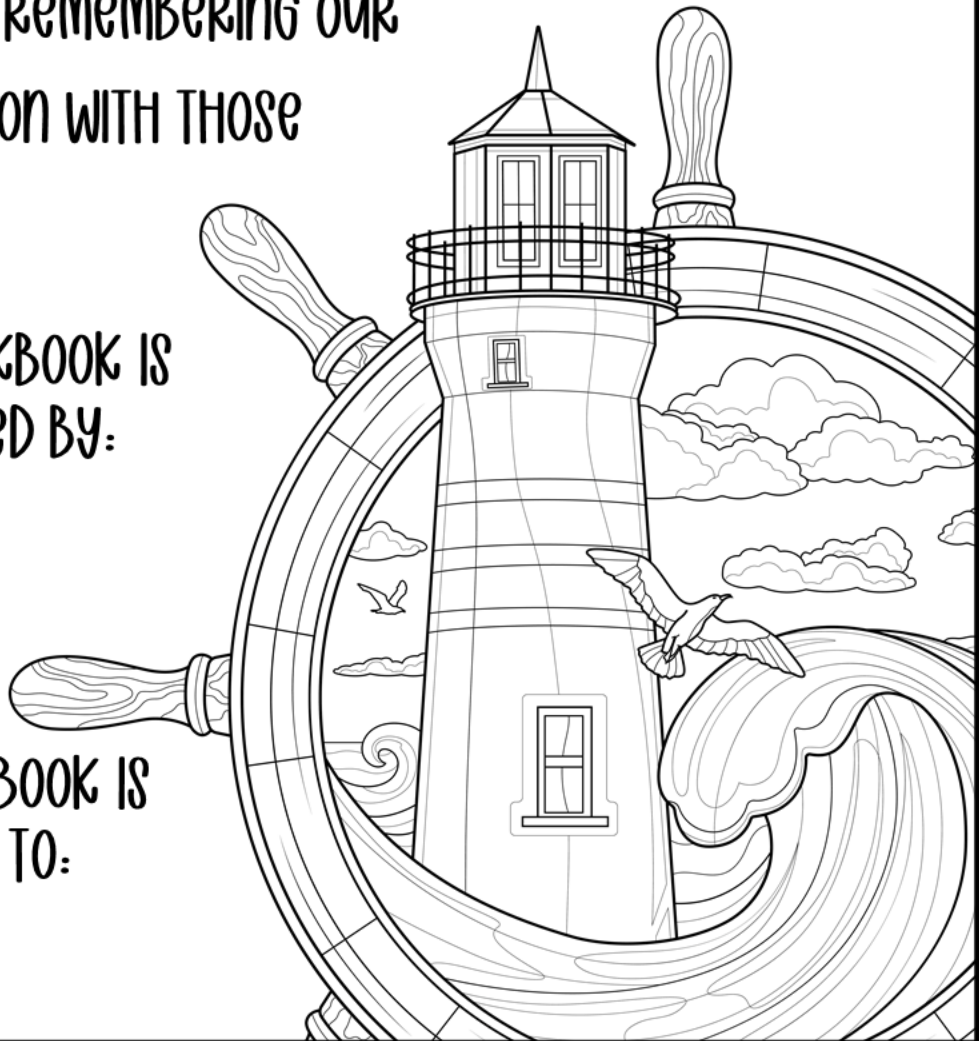


MY MEMORY BOOK

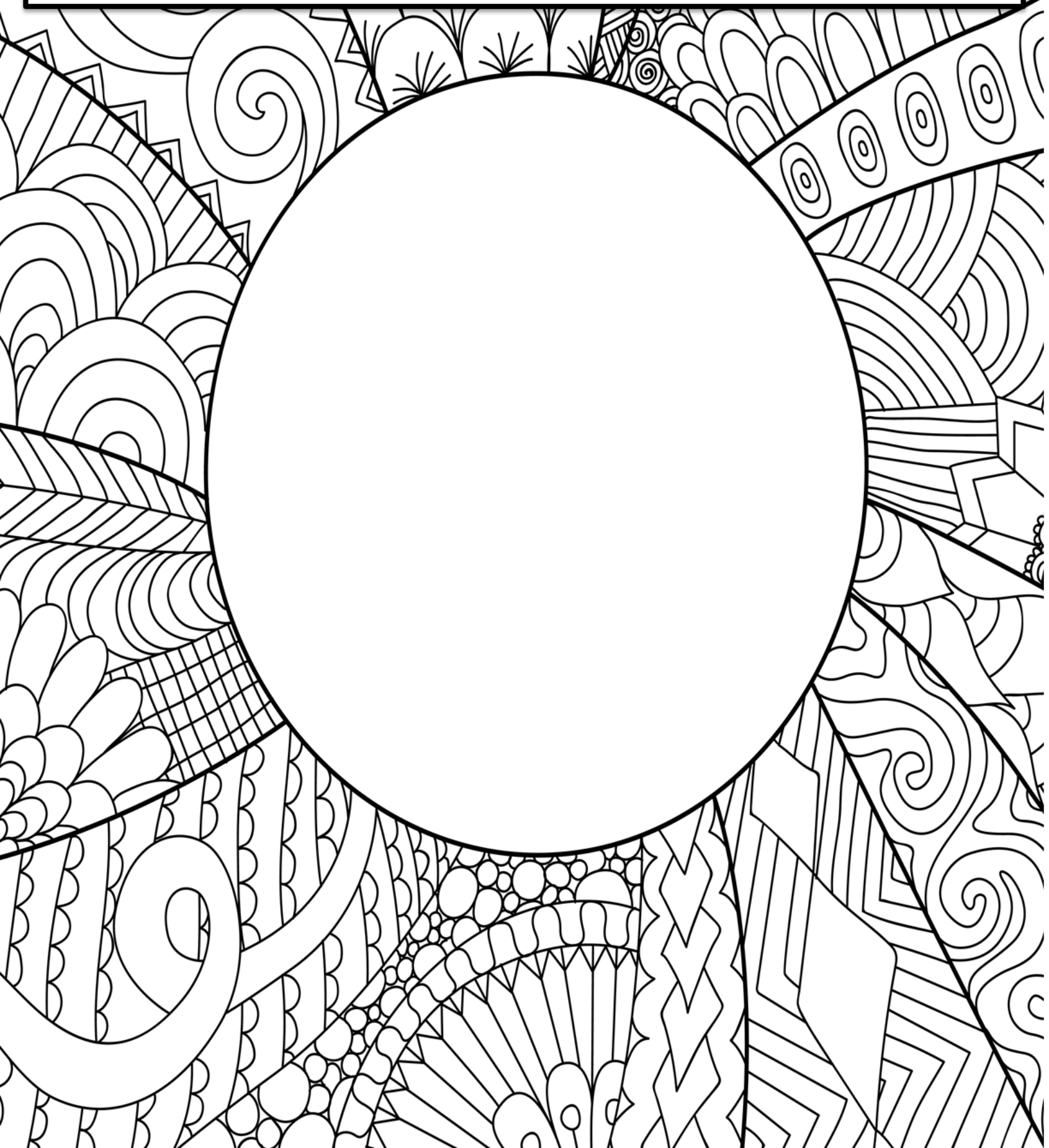
GRIEF IS A UNIQUE AND DEEPLY PERSONAL EXPERIENCE, AND THERE IS NO ONE-SIZE-FITS-ALL APPROACH TO NAVIGATING IT. THIS WORKBOOK ENCOURAGES A CREATIVE AND MINDFUL ENGAGEMENT WITH MEMORIES, PROVIDING A SPACE FOR EXPRESSION, REFLECTION, AND CELEBRATION. IT IS NOT JUST ABOUT THE PAIN OF LOSS BUT ALSO REMEMBERING OUR CONNECTION WITH THOSE WE LOVE.

THIS WORKBOOK IS COMPLETED BY:

THIS WORKBOOK IS DEDICATED TO:



A PERSON I LOVED DIED
THIS IS A PICTURE OF THEM:



REFLECTING

THEY WERE IMPORTANT TO ME BECAUSE:



MEMORIES

I HAVE OF THE PERSON I LOVE:



©Heart and Mind Teaching



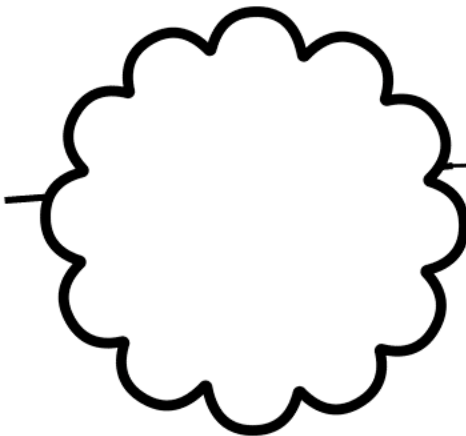
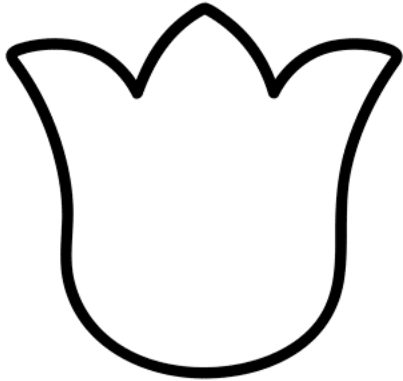
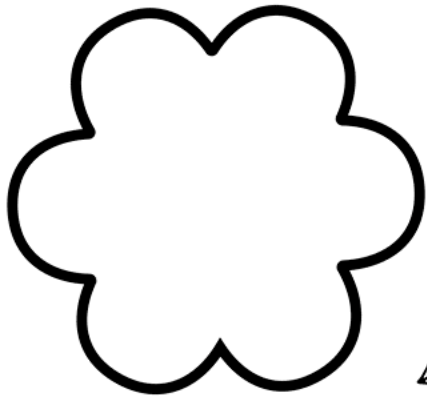
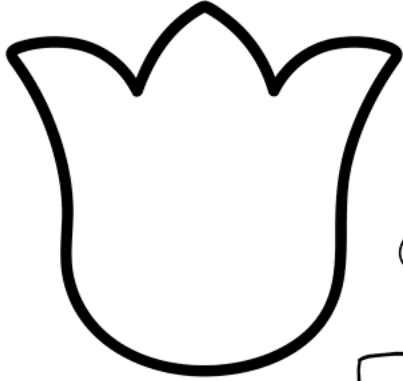
DRAW

HOW YOU FELT BEFORE THE LOSS
AND HOW YOU NOW FEEL AFTER

©Heart and Mind Teaching

WHAT I MISS

ABOUT THE PERSON THAT PASSED AWAY

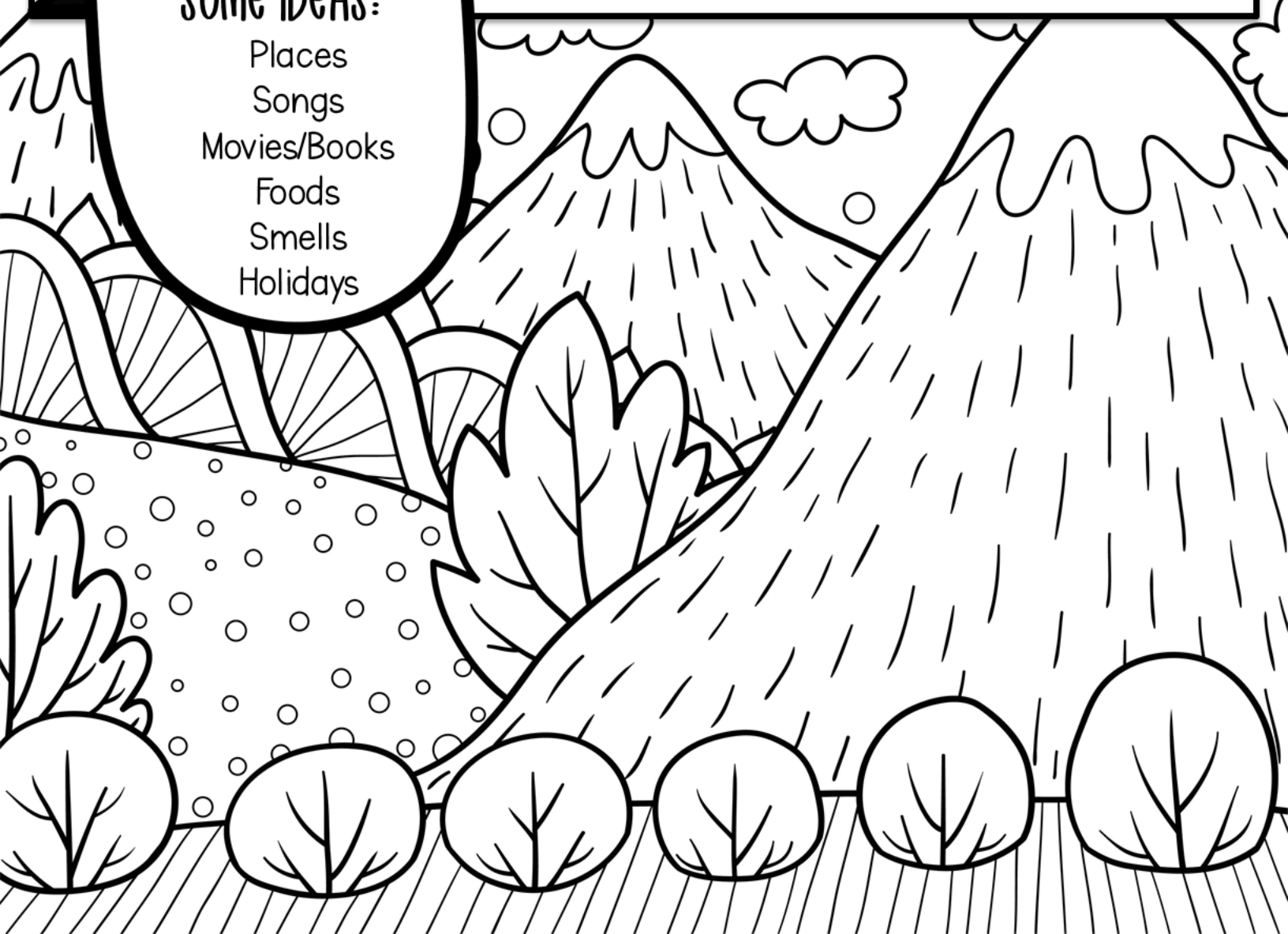


REMINDERS OF YOU

THESE THINGS REMIND ME OF THE PERSON I MISS:

SOME IDEAS:

- Places
- Songs
- Movies/Books
- Foods
- Smells
- Holidays

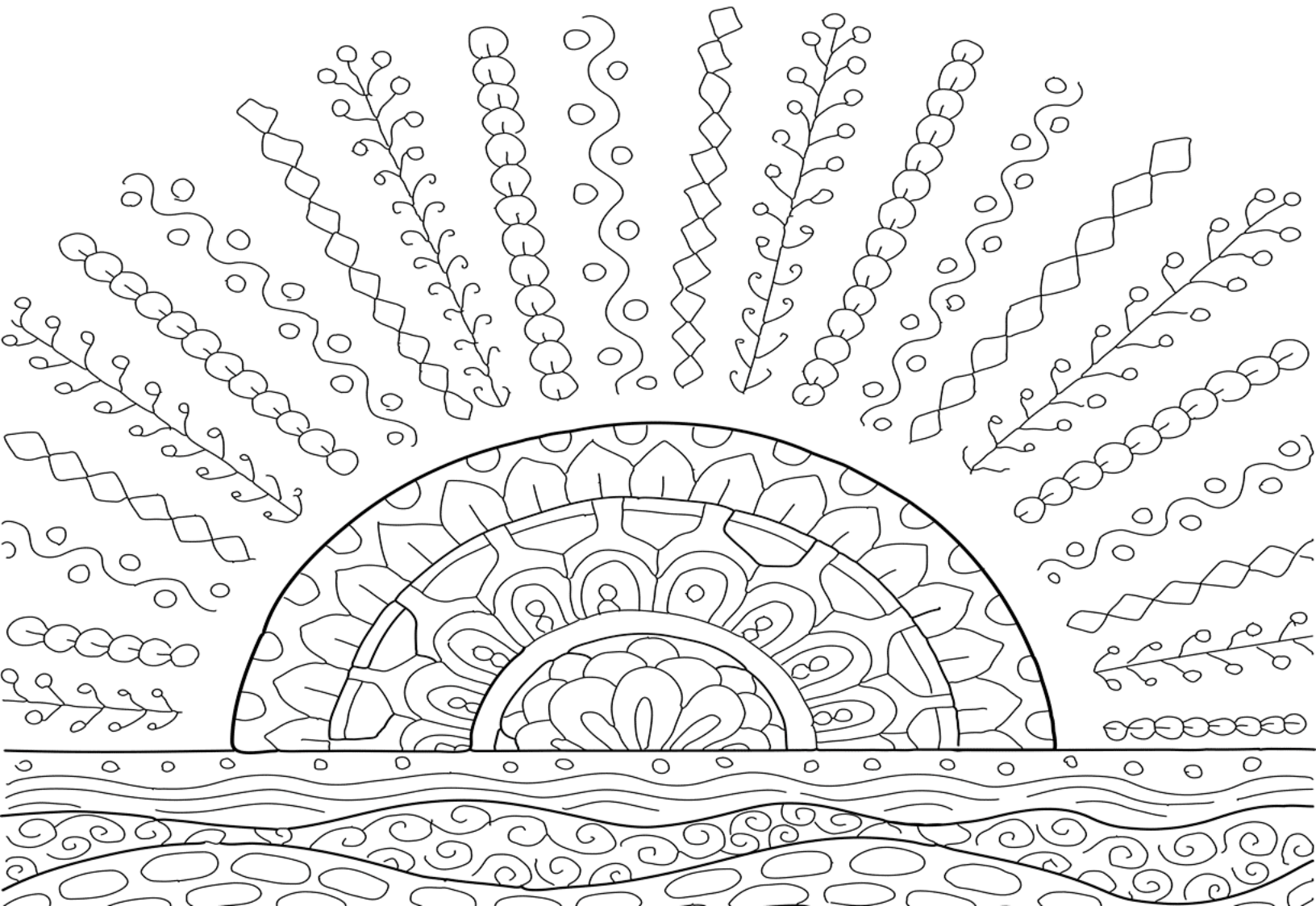




I WISH...
LIST SOME WISHES YOU HAVE
ABOUT THE LOSS:

SINCE YOU'VE BEEN GONE
MY LOVED ONE CONTINUES TO HELP ME BY:

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Today,
hang in there,
hold on and
be strong.
Keep going.
You will and
you can get
through this...

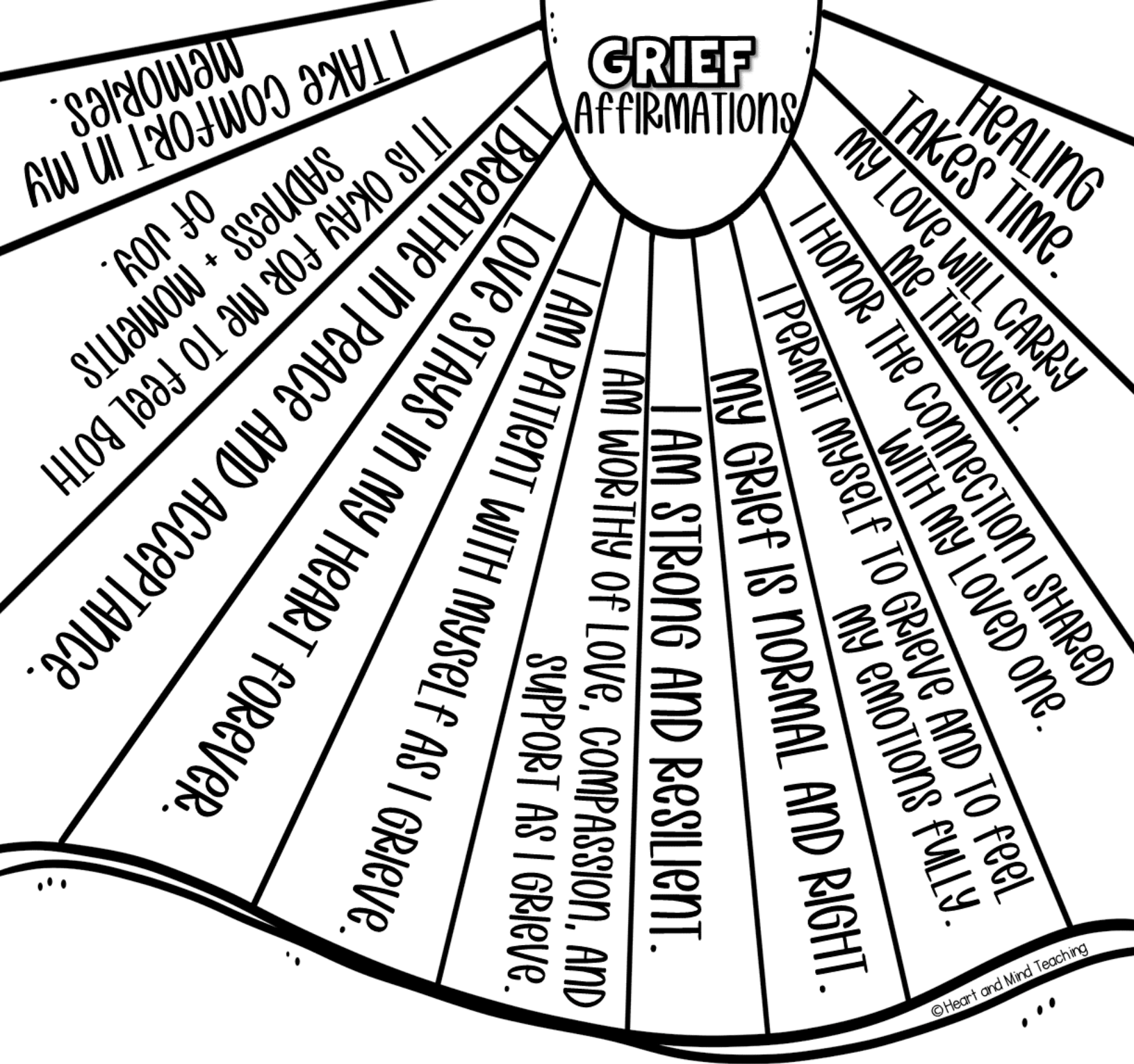


EMOTIONS

I feel from the loss:

SOME IDEAS:

- Sad
- Angry
- Confused
- Disappointed
- Scared
- Content
- Numb
- Guilt
- Shame
- Embarrassed
- Depressed



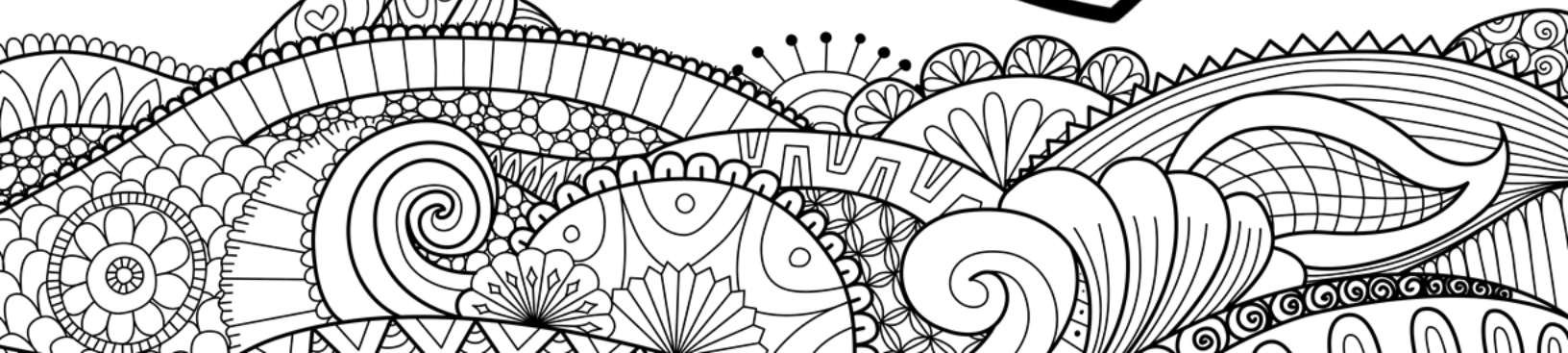
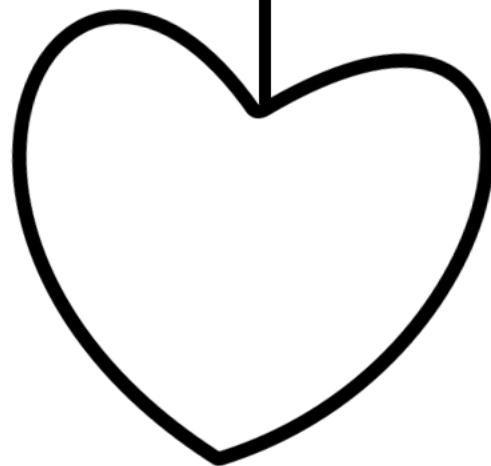
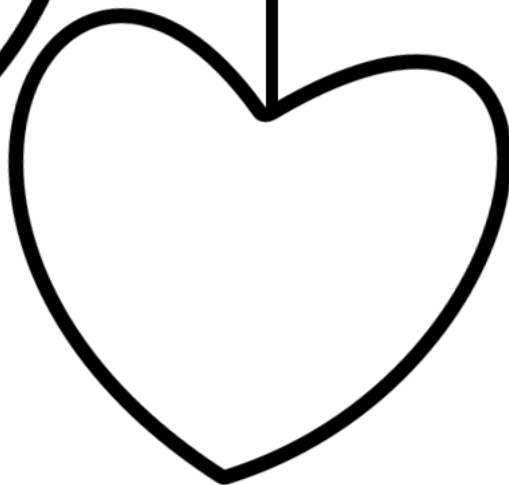
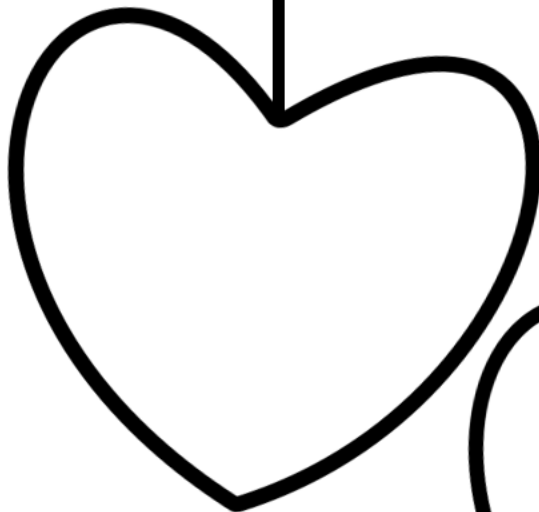
THIS IS THE AFFIRMATION THAT I LIKE THE MOST:

**THINGS TO TELL MYSELF
WHEN I AM SAD ABOUT THE LOSS**

SUPPORT

PEOPLE I CAN TALK TO

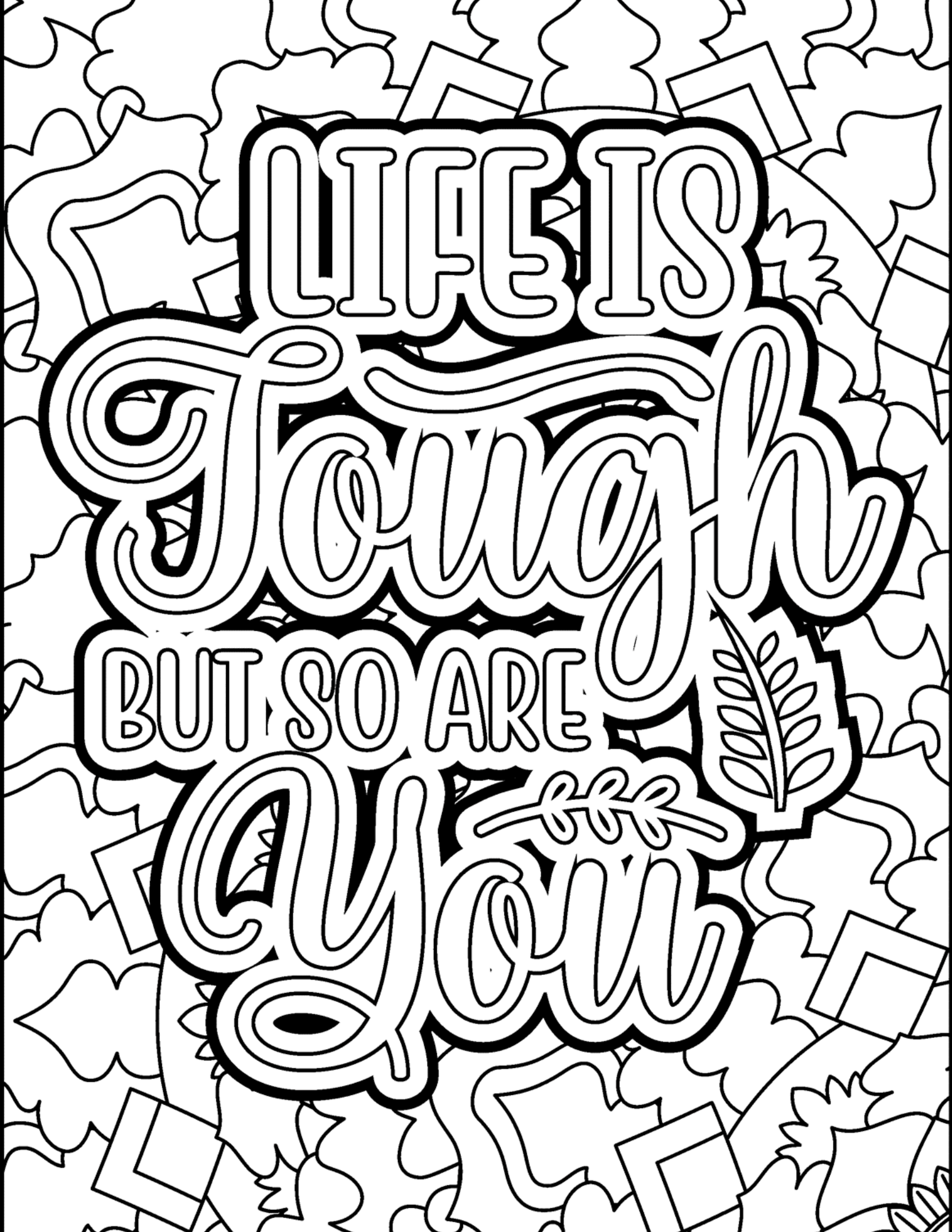
©Heart and Mind Teaching





ON ROUGH DAYS
I CAN DO THIS TO FEEL BETTER.

SOME IDEAS: Talk to someone, journal, draw, exercise, seek support, meditate, self-care, honor memories, go through this workbook!



LIFE IS

Strong

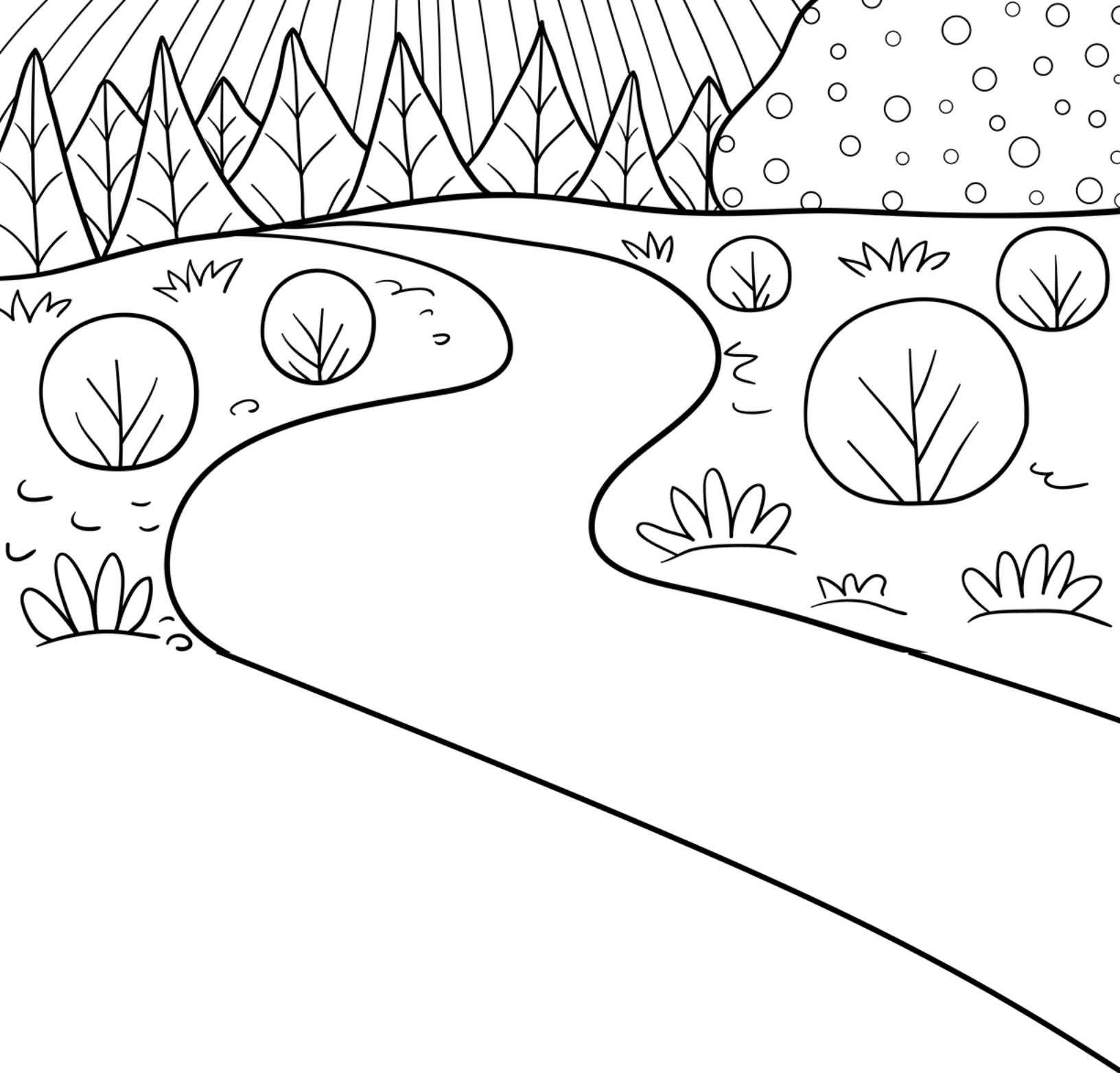
BUT SO ARE

YOU



FEARS & WORRIES

THESE ARE SOME FEARS AND WORRIES I HAVE:



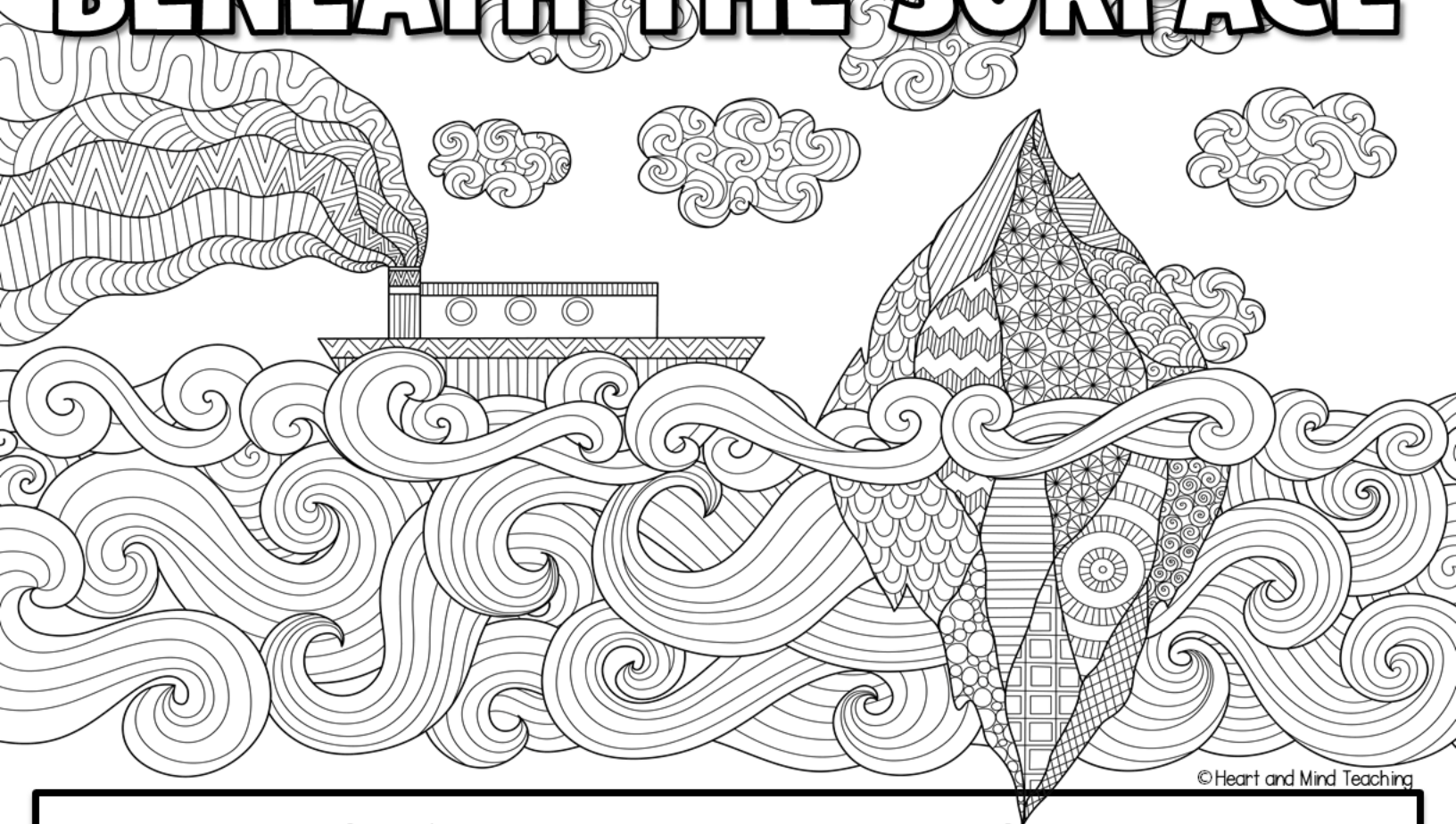
QUESTIONS
I HAVE ABOUT THE LOSS



Rise above
the storm
and you
will find
the sunshine

HOW OTHERS SEE ME GRIEVING:

BENEATH THE SURFACE



©Heart and Mind Teaching

WHAT OTHERS DON'T SEE ABOUT MY GRIEF:



**IT IS
BRAVE
TO ASK FOR HELP**

©Heart and Mind Teaching

I WISH OTHERS KNEW THAT DURING MY GRIEVING I NEED:

**WHERE THERE IS GREAT LOSS
THERE IS GREAT**

LOVE

©Heart and Mind Teaching

A CONVERSATION I HAD WITH THE PERSON WHO DIED:

I AM LETTING GO

of THE FOLLOWING THOUGHTS:



GRATITUDE

PEOPLE AND THINGS I AM GRATEFUL FOR:





Begin Each
DAY With A
grateful
heart

LETTER TO YOU

WRITE A LETTER TO THE PERSON YOU ARE GRIEVING:

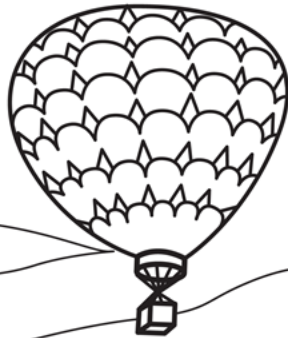
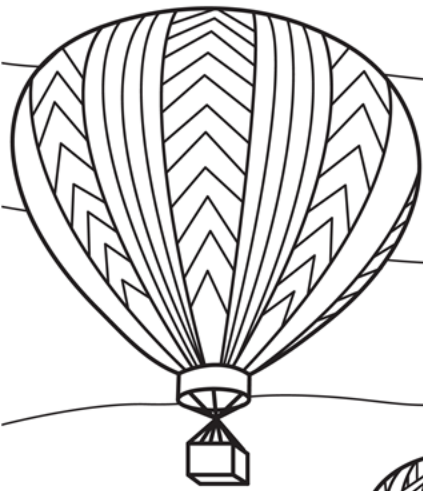
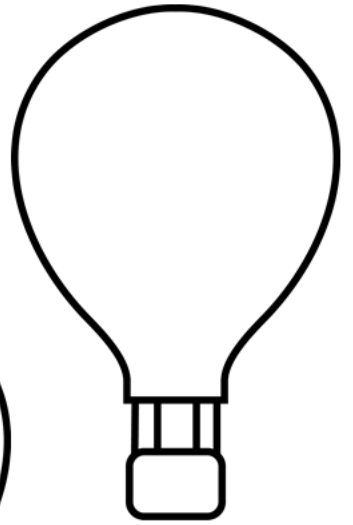
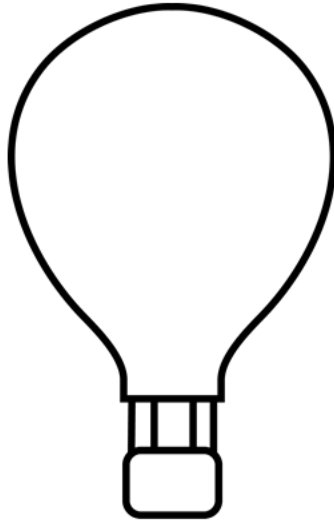
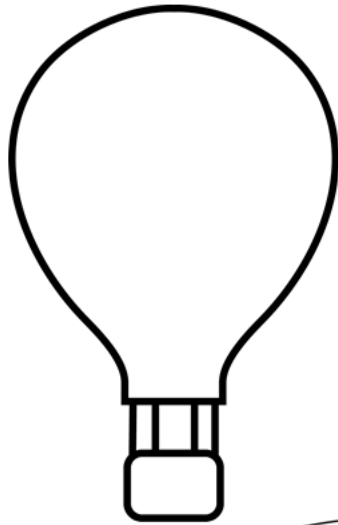
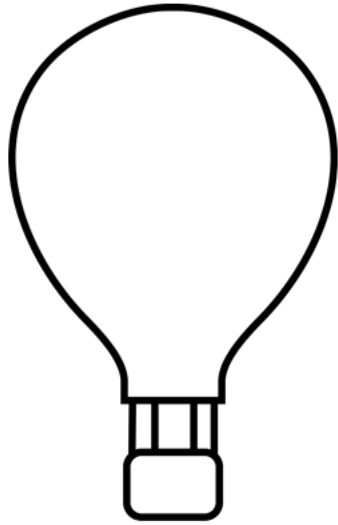


**I WILL
HONOR**
THE PERSON THAT DIED BY:



HOPE

I HAVE FOR THE FUTURE:



WHAT I MISS MOST ABOUT MY PET:

©Heart and Mind Teaching

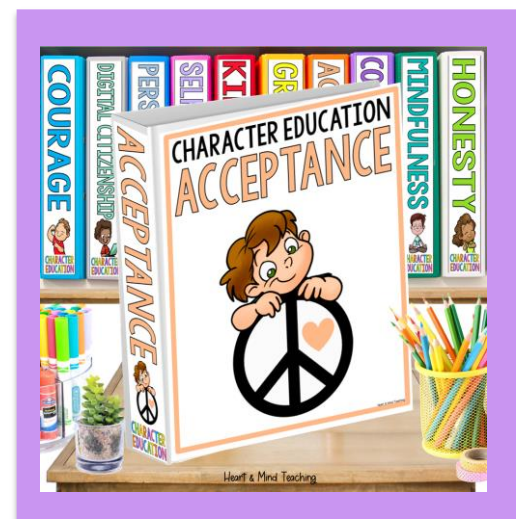
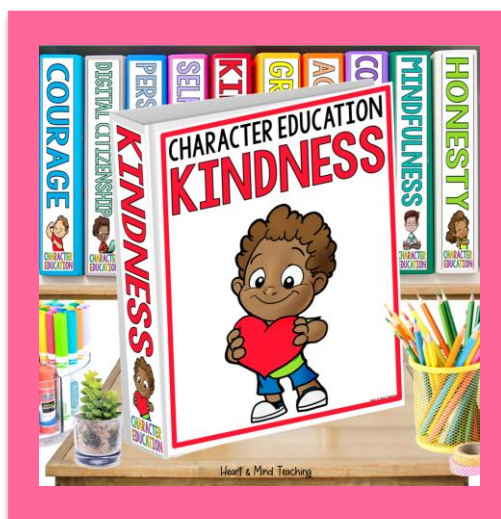
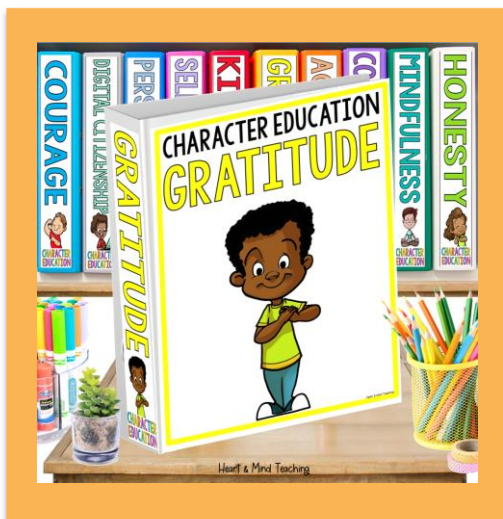
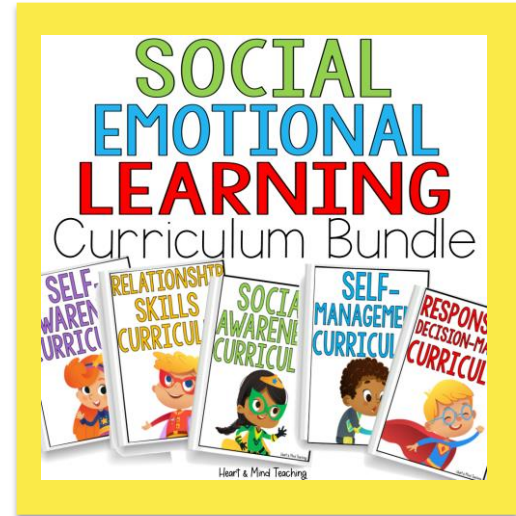
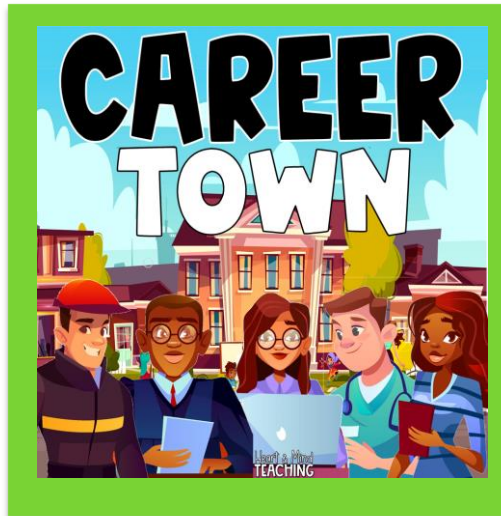
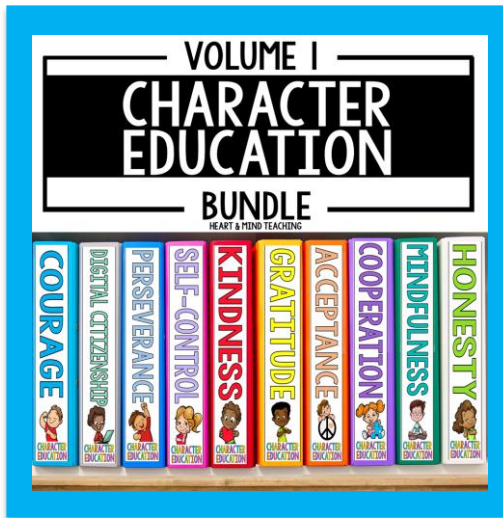
I MISS
MY PET



SOME OF MY FAVORITE MEMORIES OF MY PET:

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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