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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  [Seasons of 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 \(youtube video\)](#)

SEASONS OF GRIEF

Session Objective:

- *Students will learn about the different stages of dealing with grief.
- *Students will identify the stage of dealing with grief that they are in.

Materials:

- *Pencil
- *Stages of Grief handouts.

Guiding Questions:

- *Why is it important to understand which stage of Grief we are going through?
- *How can it be beneficial to know which stage we are working towards?

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: Ability to manage transitions and adapt to change (B-SMS 10)

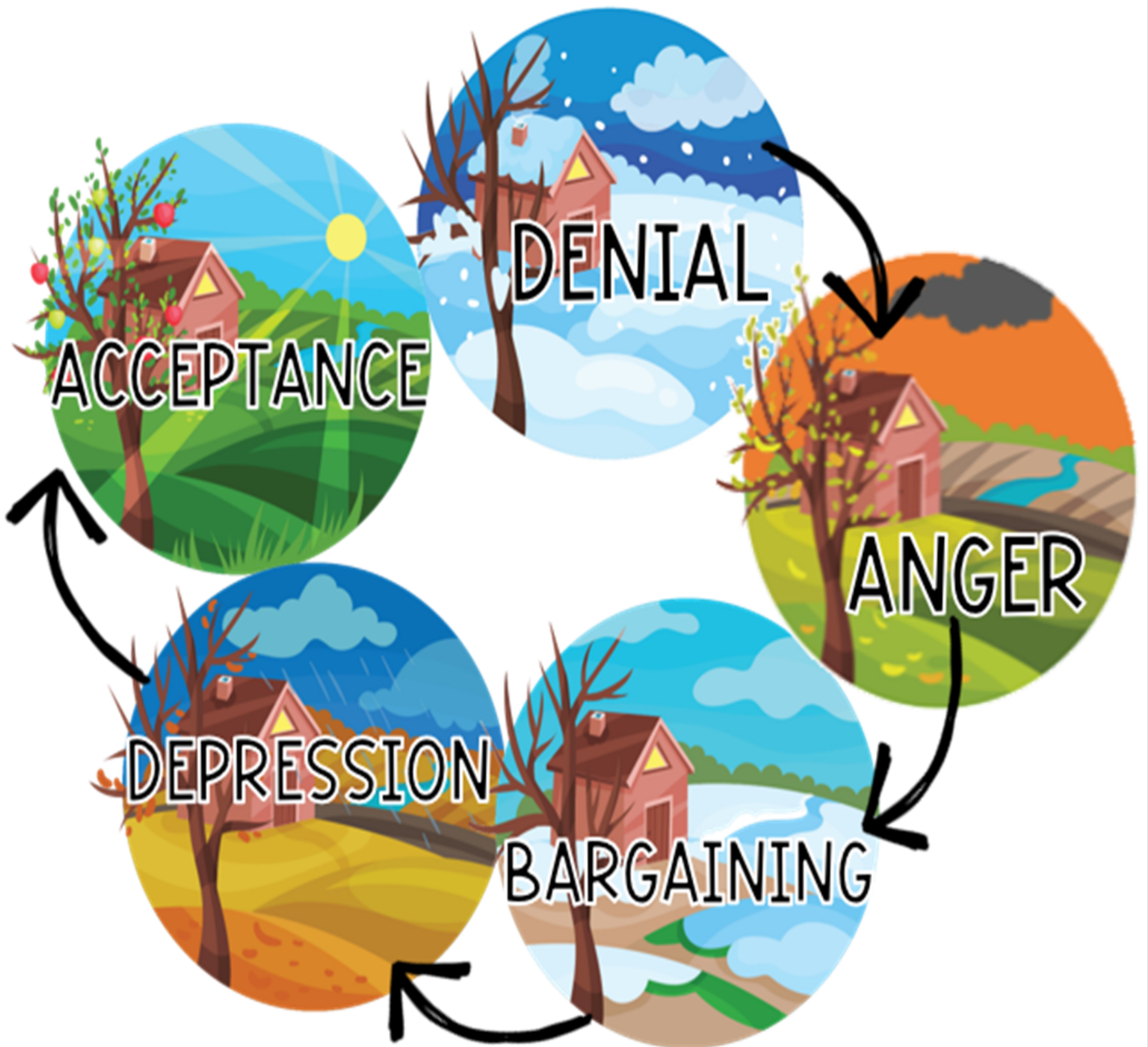
SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Self-Management: Stress Management
- *Responsible decision-making: analyzing situations, evaluating, reflecting.

Session Details (about 30 minutes)

*Stages of Grief Activity: Show students Stages of Grief poster. Say "Grief, like the seasons, is a natural and unavoidable part of life. They both involve a cycle of growth, change, and renewal, with each stage having its own unique characteristics and challenges. As we navigate the seasons of grief, we gradually adjust to the new landscape of our emotions, finding ways to live with loss while embracing the potential for renewal and growth. You have to go through some difficult feelings and seasons to eventually reach acceptance. The first stage many people go through is Denial." Go through the denial page together, have students put a checkmark on the statements they have felt. Once you have gone through each of the 5 stages, complete the summary page about what stage they think they are in. Explain that people do not always go through these stages in a specific order, or time frame. Some people take more time in one stage, or even go back and forth between stages. Discuss what stage they would like to be in in 6 months.

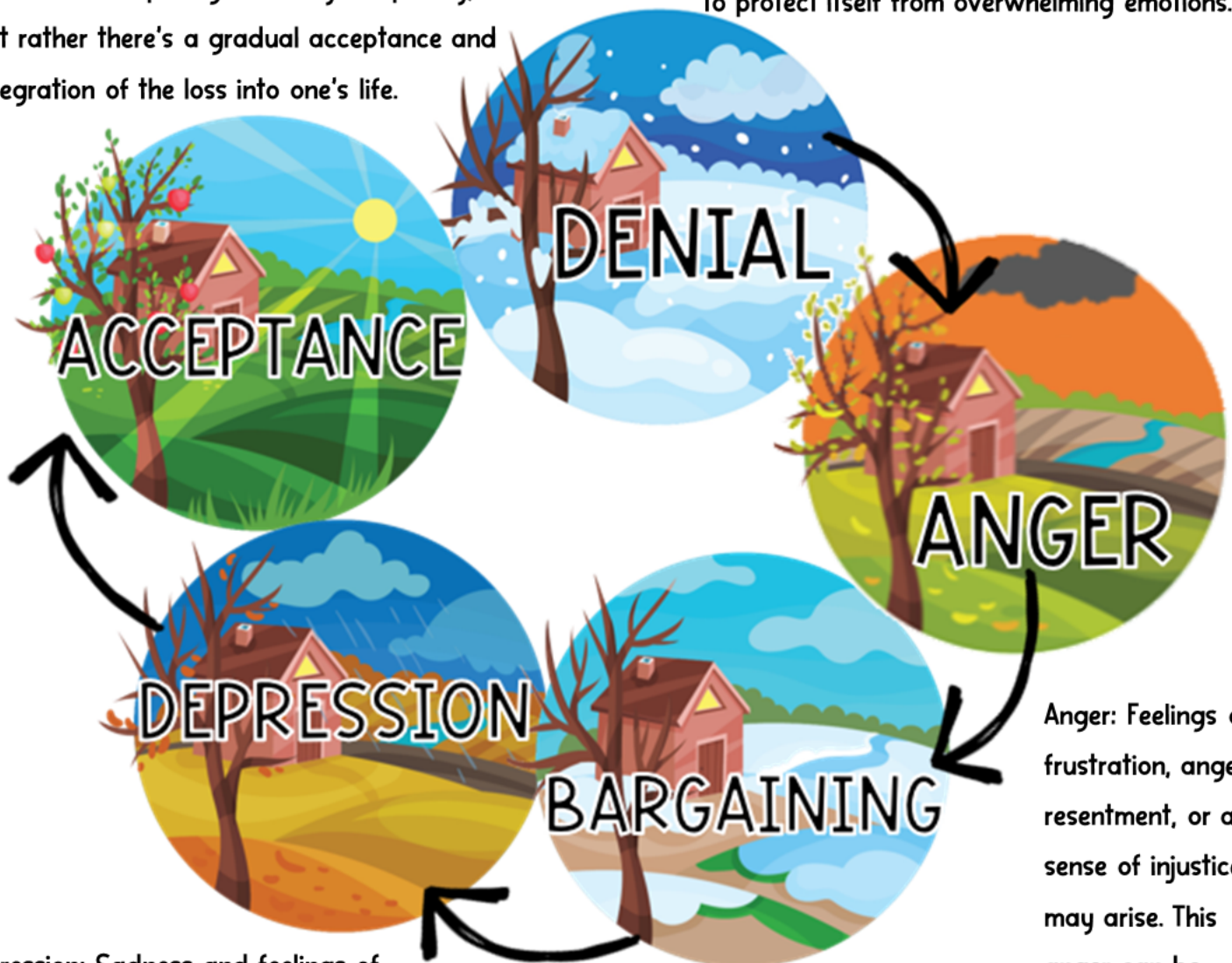
STAGES OF GRIEF



STAGES OF GRIEF

Acceptance: This stage involves coming to terms with the reality of the loss. It doesn't mean that the pain goes away completely, but rather there's a gradual acceptance and integration of the loss into one's life.

Denial: Initially, there might be disbelief or denial of the reality of the loss. It's a way for the mind to protect itself from overwhelming emotions.



Depression: Sadness and feelings of emptiness or hopelessness may set in as the reality of the loss becomes more apparent. It can involve withdrawal, deep sorrow, and a sense of disconnection.

Bargaining: This stage often involves attempting to negotiate or make deals to reverse the loss. People might bargain with a higher power or seek ways to change the outcome.

Anger: Feelings of frustration, anger, resentment, or a sense of injustice may arise. This anger can be directed at oneself, others, or even the situation itself.

SEASONS OF GRIEF



DENIAL

Denial is a combination of shock and avoidance.

Most people react to a loss with a feeling of numbness and thinking "this can not be happening". In this stage, you may deny the reality of the loss to avoid the pain it causes and avoid being overwhelmed. This stage can last for weeks.

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

- THIS CAN NOT BE HAPPENING!**
- I WILL JUST NOT THINK ABOUT IT.**
- THIS IS NOT REAL.**
- THE PERSON/PET WILL COME BACK.**
- I JUST SAW THEM, THEY CAN'T BE GONE.**

SEASONS OF GRIEF



ANGER

Anger is caused by frustration, disappointment, and built-up emotions. This can lead to lashing out and blaming someone for the loss. You may feel resentment or a sense of injustice. This anger can be directed at oneself, others, or even the situation itself. In this stage, you may be thinking "why me?"

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

THIS IS NOT FAIR!

I KNOW WHO IS AT FAULT!

THIS IS RUINING MY LIFE!

WHY IS THIS HAPPENING TO ME?

WHY CAN'T I HAVE A NORMAL LIFE LIKE EVERYONE ELSE?

SEASONS OF GRIEF



BARGAINING

This stage often involves attempting to negotiate or make deals to reverse the loss. You might bargain with a higher power or seek ways to change the outcome. You may try to regain a sense of control over the situation by making promises or trying to negotiate.

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

- IF THEY COME BACK, I PROMISE TO BEHAVE BETTER.**
- IF ONLY I HAD DONE SOMETHING DIFFERENT, THEY MIGHT STILL BE HERE.**
- IF ONLY I HAD BEEN THERE FOR THEM MORE, THEY MIGHT STILL BE HERE.**
- IF I JUST HAD MORE TIME WITH THEM, THE LOSS WOULD BE EASIER ON ME.**
- IF ONLY THEY DIED DIFFERENTLY, THE LOSS WOULD NOT BE SO BAD.**

SEASONS OF GRIEF



DEPRESSION

Depression can last for a long period of time. It usually starts when you begin to realize the loss is real and the extent of how your life is permanently changed. You may feel hurt, a sense of loss, and a focus on memories of the past or how it used to be. You might try to keep to yourself during this stage.

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

- THERE'S NOTHING I CAN DO TO BRING THEM BACK.**
- I CAN NOT CONTROL WHAT'S HAPPENING.**
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- MY LIFE WILL NEVER BE THE SAME AGAIN.**
- I JUST WANT TO STAY IN MY ROOM AND BE LEFT ALONE.**

SEASONS OF GRIEF



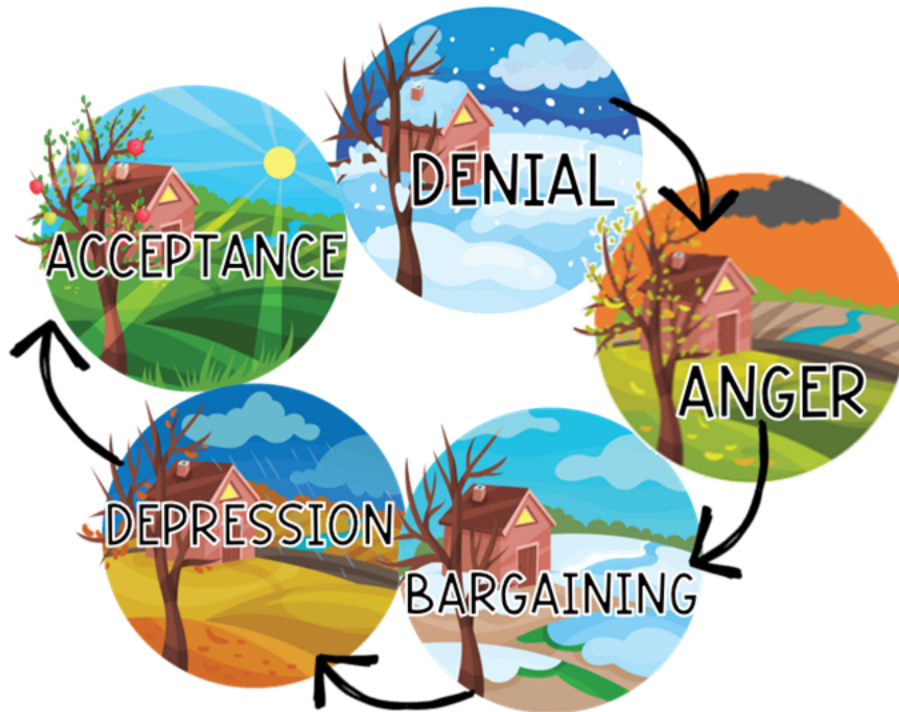
ACCEPTANCE

Acceptance is the last stage of dealing with grief, when you learn to accept and deal with the reality of the loss and your new situation. Acceptance does not necessarily mean happiness, instead it is a feeling of being content with your situation, moving forward, and planning for the future.

PUT A CHECKMARK IF YOU HAVE THOUGHT ANY OF THESE:

- I GUESS THIS IS MY NEW NORMAL.**
- I THINK IT'S GOING TO BE OKAY.**
- THIS WAS PART OF MY LIFE, BUT IN THE BIG PICTURE, I AM DOING ALRIGHT.**
- I CAN MISS THE PERSON I LOST, WHILE ALSO LIVING MY LIFE AND BEING HAPPY.**
- THERE ARE SOME POSITIVE THINGS THAT HAVE HAPPENED AFTER THE LOSS.**

SEASONS OF GRIEF



*** I HAD THE MOST CHECKMARKS IN THIS STAGE:**

*** I AGREE/DISAGREE THAT I AM IN THIS STAGE BECAUSE:**

*** I WOULD LIKE TO BE IN THIS STAGE IN 6 MONTHS:**

*** THINGS I CAN DO TO MOVE TO THE STAGE I WANT TO BE IN:**

**BLACK AND
WHITE VERSION**

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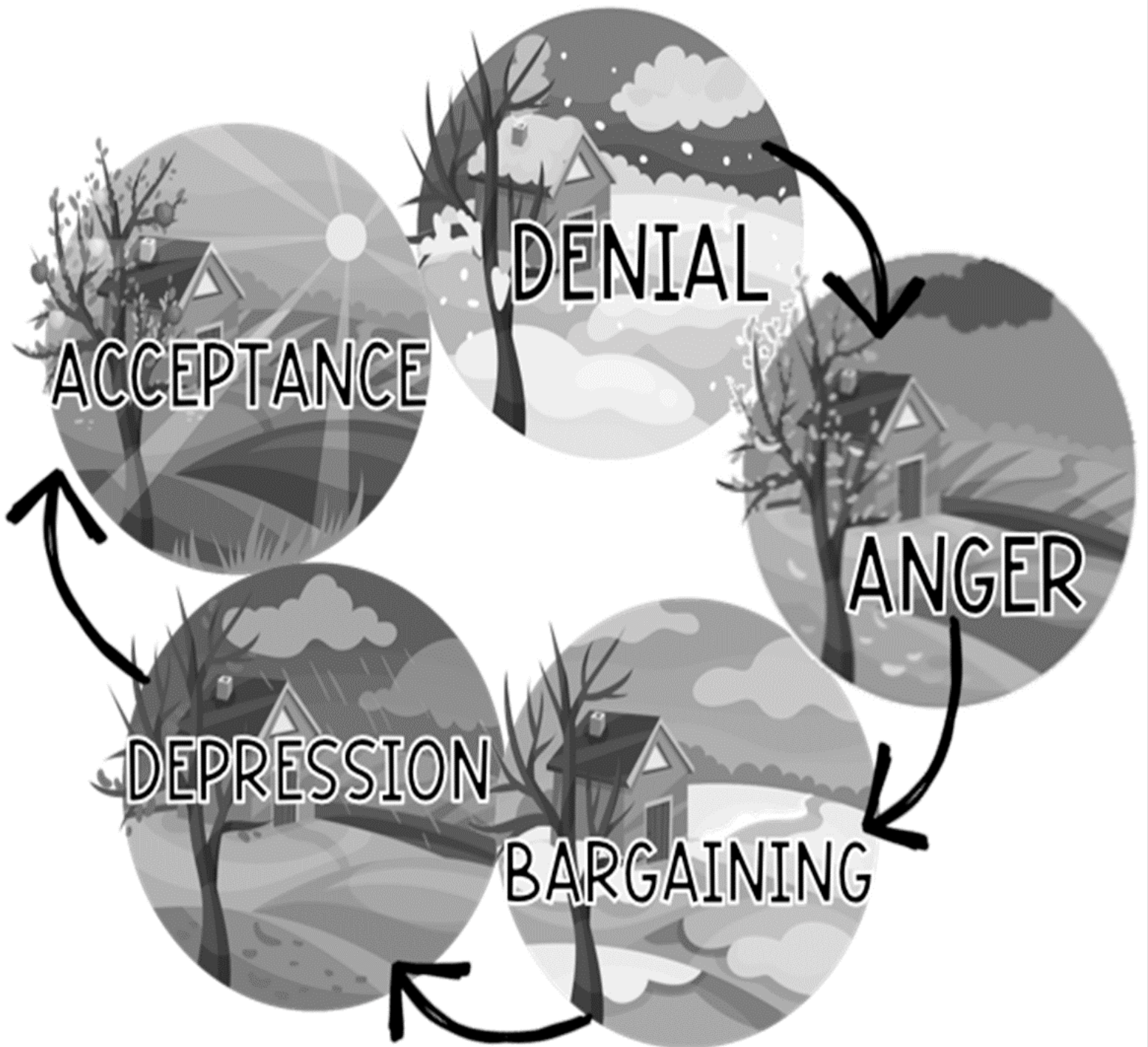
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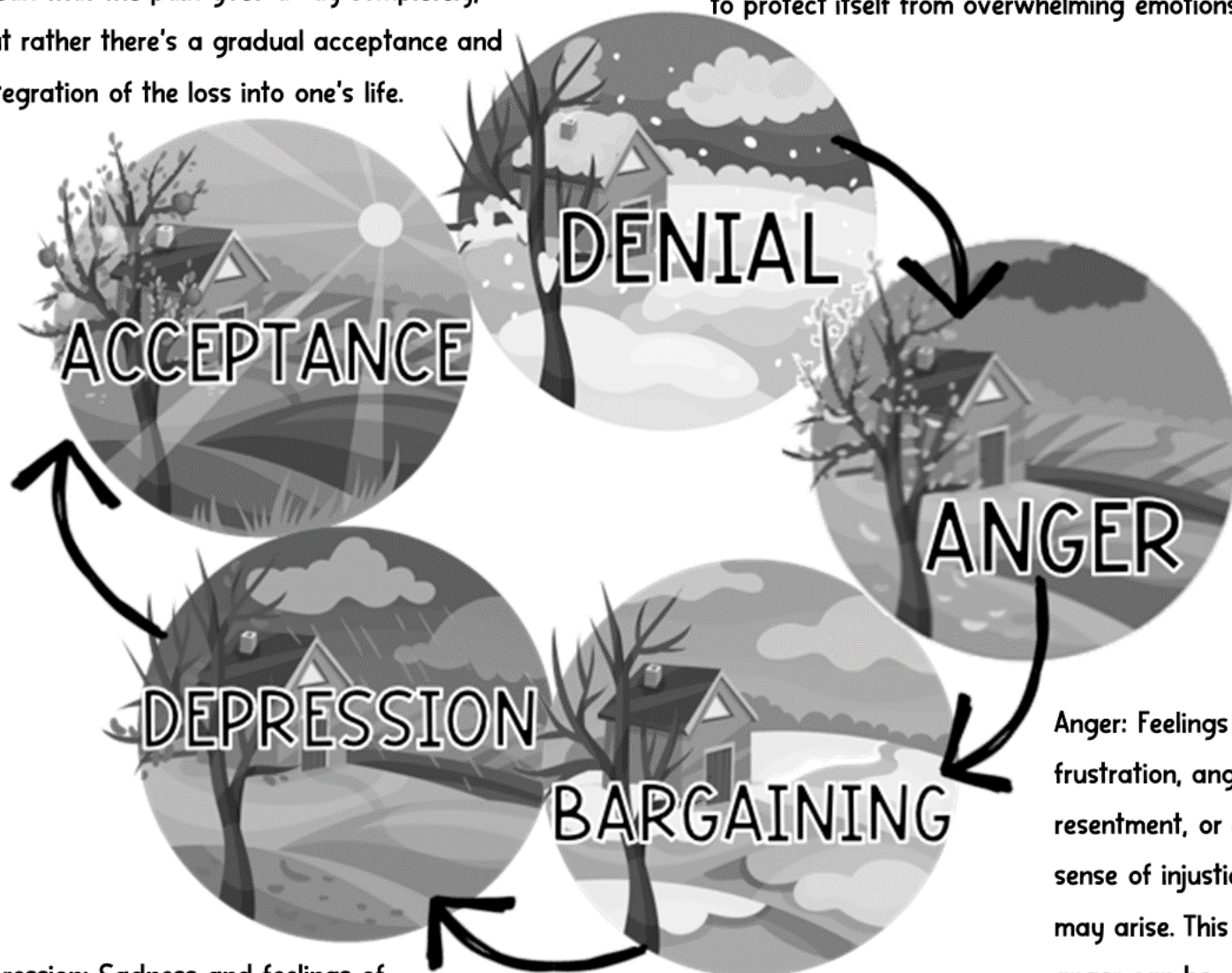
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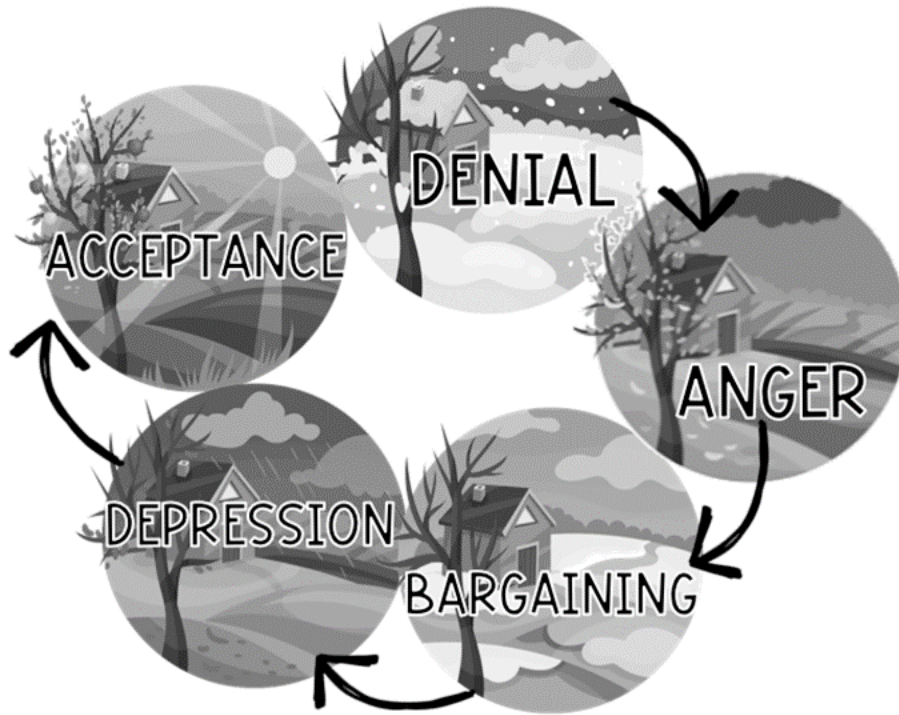
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SEASONS OF GRIEF



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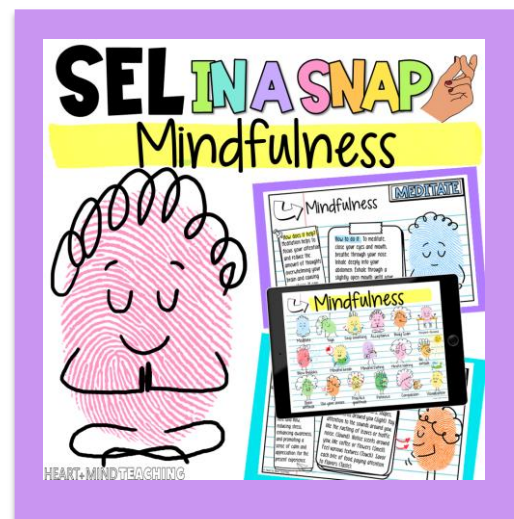
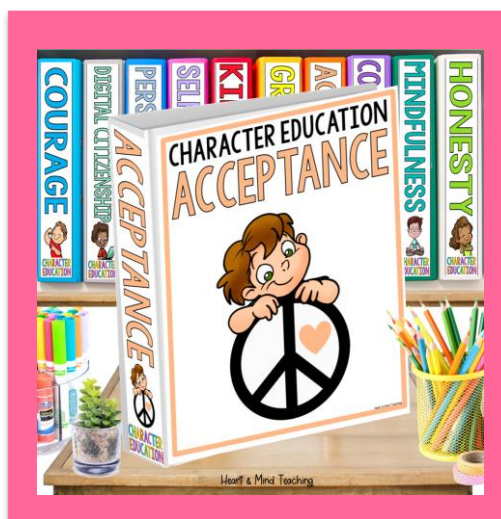
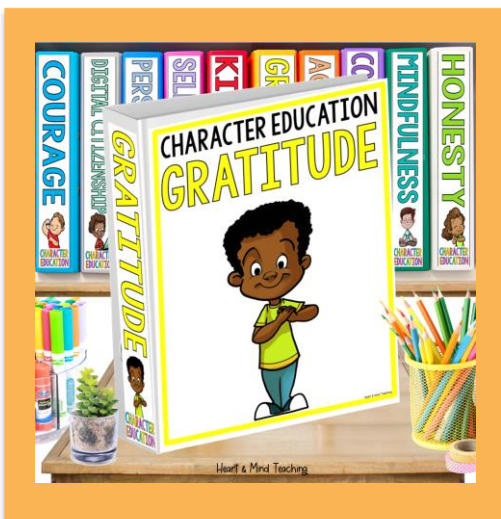
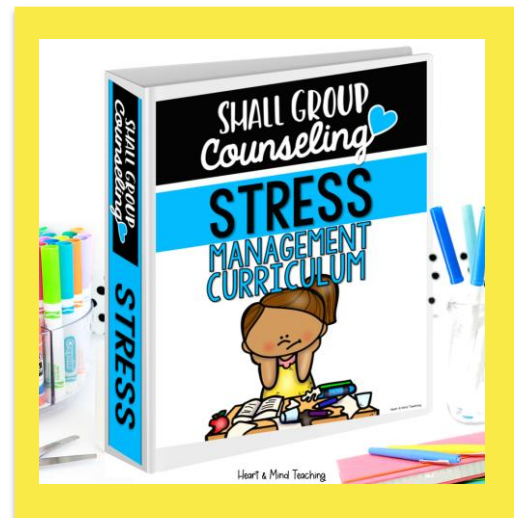
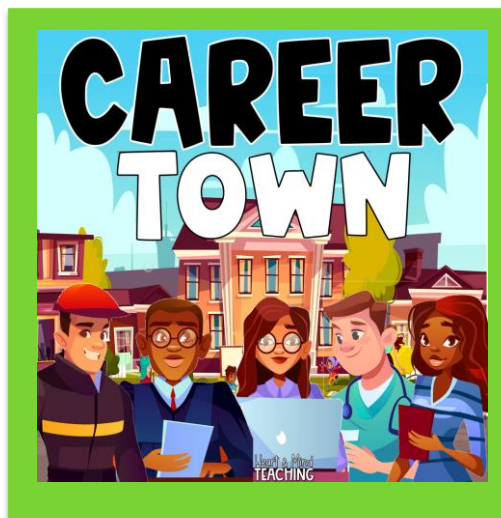
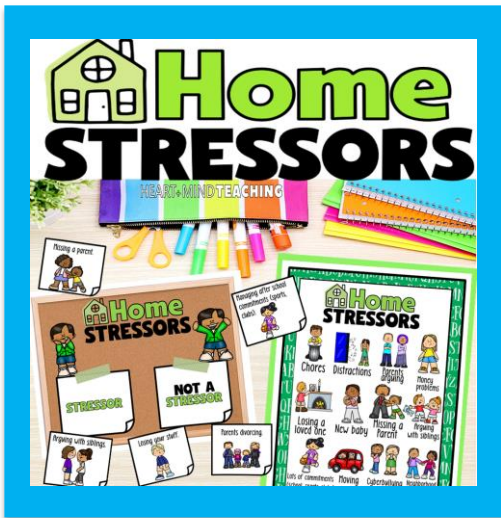
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CHECK THESE OUT

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!

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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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