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

[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  [Grief Storm](#)

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 \(youtube video\)](#)



# GRIEF STORM

## Session Objective:

- \*Students will identify what different emotions feel and look like.
- \*Students will recognize ways to cope with different emotions associated with grief.

## Materials:

- \*Pencil
- \*Handouts.

## Guiding Questions:

- \*What are some emotions that grief might make us feel?
- \*Why is it important to understand what emotions we are feeling?
- \*What are some similarities/differences we have regarding 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 skills: Demonstrate effective coping skills when faced with a problem. (B-SMS 7)

## SEL Competencies:

- \*Self-awareness: identifying emotions, accurate self-perception.
- \*Self-management: stress management, self-discipline.
- \*Responsible decision-making: evaluating.

## Session Details (about 30 minutes)

\*Grief Storm Activity: "Grief and loss can sometimes feel like a bad storm, unpredictable and scary. Just like a storm has many different expressions (rain, lightning, wind) so do we as humans going through grief (sad, angry, confused). Let's discuss some of those different emotions that we may feel. The first is sad, what does sad feel like? What does it look like? It may be different from person to person." Use the completed pages as a guide for student responses. Complete the rest of the emotions together on the chart. Next, work together to complete each emotion page. Compare what some students have in common, help them come up with the ways to recover from this emotion. "Once we are able to recognize an emotion or feeling, or become self-aware, we can do things to help us overcome that emotion and prevent us from feeling like that for too long."



# GRIEF STORM

Feels like...

Looks like...



## SADNESS

Tears in eyes  
Hanging head low  
Quiet/shaky voice  
Trembling lips  
Dragging feet  
Tiredness



## ANGER

Face gets hot/red  
Pounding heart  
Breathing faster  
Clenched fist/jaw  
Thinking shuts down



## WORRIED

Tapping hands/feet  
Sweating/feeling hot  
Mind racing  
Tense  
Butterflies in stomach



## CONFUSED

Eyebrows scrunched together  
Stuttering speech  
Tense  
Questioning look





# GRIEF STORM

Feels like...

Looks like...



**DISAPPOINTED**

Holding back tears  
Head hanging low  
Distant or sad gaze.  
Downturned brow.  
Shoulders slumped.  
Shrugging.



**SCARED**

Fast/heavy breathing  
Heart pounding  
Whimpering  
Hands shaking  
Knees like rubber



**SHOCKED**

Mouth wide open  
Eyes popping out  
Sense of disbelief  
Fast beating heart  
Hands covering mouth



**CONTENT**

Smiling face  
Regular heartbeat  
Calm  
Comfortable  
Relaxed  
Regular breathing





# GRIEF STORM

Feels like...

Looks like...



**SADNESS**



**ANGER**



**WORRIED**



**CONFUSED**





# GRIEF STORM

Feels like...

Looks like...



**DISAPPOINTED**



**SCARED**



**SHOCKED**



**CONTENT**



**GRIEF STORM**

**ANGER**



**THINGS THAT MAKE ME ANGRY ABOUT THE LOSS:**

1

2

3

4

5

**THINGS I CAN DO TO NOT FEEL ANGRY ABOUT THE LOSS:**

Two large, empty rectangular boxes with arrowheads on the left side, intended for writing coping strategies.

HOW I LOOK WHEN I AM ANGRY:

HOW I FEEL WHEN I AM ANGRY:

**GRIEF STORM**



**SHOCKED**



**THINGS THAT MAKE ME SHOCKED ABOUT THE LOSS:**

- 1
- 2
- 3
- 4
- 5

**THINGS I CAN DO TO NOT FEEL SHOCKED ABOUT THE LOSS:**

Two large, empty rectangular boxes with a stylized arrow pointing to the right, intended for writing coping strategies.

HOW I LOOK WHEN I AM SHOCKED:

A large, empty rectangular box with a double-line border, intended for drawing or describing one's appearance when shocked.

HOW I FEEL WHEN I AM SHOCKED:

A large, empty rectangular box with a double-line border, intended for writing or drawing feelings when shocked.

**GRIEF STORM**

**WORRIED**



**THINGS THAT MAKE ME WORRIED ABOUT THE LOSS:**

1

2

3

4

5

**THINGS I CAN DO TO NOT FEEL WORRIED ABOUT THE LOSS:**

Two large, empty rectangular boxes with arrowheads on the left side, intended for writing coping strategies.

HOW I LOOK WHEN I AM WORRIED:

A large, empty rectangular box with a double-line border, intended for drawing or writing about how one looks when worried.

HOW I FEEL WHEN I AM WORRIED:

A large, empty rectangular box with a double-line border and a folded bottom edge, intended for drawing or writing about how one feels when worried.

**GRIEF STORM**

**SADNESS**



**THINGS THAT MAKE ME SAD ABOUT THE LOSS:**

- 1
- 2
- 3
- 4
- 5

**THINGS I CAN DO TO NOT FEEL SAD ABOUT THE LOSS:**

Two large, empty rectangular boxes with a jagged left edge, intended for writing strategies to cope with grief.

HOW I LOOK WHEN I AM SAD:

HOW I FEEL WHEN I AM SAD:

**GRIEF STORM**

**CONFUSED**



**THINGS THAT MAKE ME  
CONFUSED ABOUT THE LOSS:**

- 1
- 2
- 3
- 4
- 5

**HOW I LOOK WHEN  
I AM CONFUSED:**

**THINGS I CAN DO TO NOT FEEL  
CONFUSED ABOUT THE LOSS:**

Two large empty boxes with arrowheads on the left side for writing.

**HOW I FEEL WHEN I AM CONFUSED:**

**GRIEF STORM**

**DISAPPOINTED**



**THINGS THAT MAKE ME DISAPPOINTED ABOUT THE LOSS:**

- 1
- 2
- 3
- 4
- 5

**HOW I LOOK WHEN I AM DISAPPOINTED:**

**THINGS I CAN DO TO NOT FEEL DISAPPOINTED ABOUT THE LOSS:**

**HOW I FEEL WHEN I AM DISAPPOINTED:**

**GRIEF STORM**

**SCARED**



**THINGS THAT MAKE ME SCARED ABOUT THE LOSS:**

1

2

3

4

5

**THINGS I CAN DO TO NOT FEEL SCARED ABOUT THE LOSS:**

Two large, empty rectangular boxes with a stylized arrow pointing to the right, intended for writing strategies to cope with grief.

HOW I LOOK WHEN I AM SCARED:

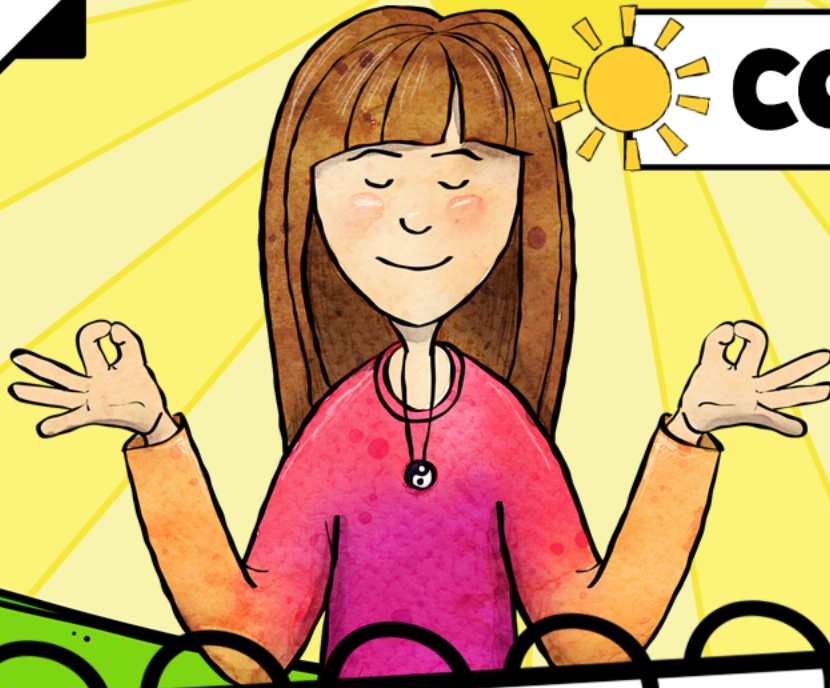
A large, empty rectangular box with a double-line border, intended for drawing or writing about the person's appearance when they are scared.

HOW I FEEL WHEN I AM SCARED:

A large, empty rectangular box with a double-line border, intended for writing about the person's feelings when they are scared.

**GRIEF STORM**

**CONTENT**



**THINGS THAT MAKE ME  
CONTENT ABOUT THE LOSS:**

1

2

3

4

5

**THINGS I CAN DO TO FEEL  
CONTENT ABOUT THE LOSS:**

Two large, empty rectangular boxes with a folded bottom edge, intended for writing responses to the prompts above.

HOW I LOOK WHEN  
I AM CONTENT:

HOW I FEEL WHEN I AM CONTENT:

**BLACK AND  
WHITE VERSION**



# GRIEF STORM

## Session Objective:

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# GRIEF STORM

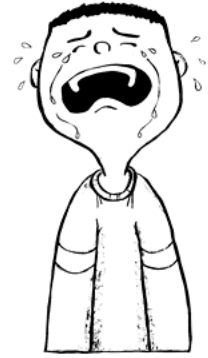
Feels like...

Looks like...



## SADNESS

Tears in eyes  
Hanging head low  
Quiet/shaky voice  
Trembling lips  
Dragging feet  
Tiredness



## ANGER

Face gets hot/red  
Pounding heart  
Breathing faster  
Clenched fist/jaw  
Thinking shuts down



## WORRIED

Tapping hands/feet  
Sweating/feeling hot  
Mind racing  
Tense  
Butterflies in stomach



## CONFUSED

Eyebrows scrunched together  
Stuttering speech  
Tense  
Questioning look





# GRIEF STORM

Feels like...

Looks like...



**DISAPPOINTED**

Holding back tears  
Head hanging low  
Distant or sad gaze.  
Downturned brow.  
Shoulders slumped.  
Shrugging.



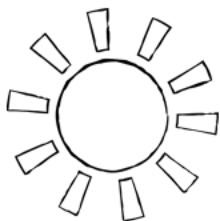
**SCARED**

Fast/heavy breathing  
Heart pounding  
Whimpering  
Hands shaking  
Knees like rubber



**SHOCKED**

Mouth wide open  
Eyes popping out  
Sense of disbelief  
Fast beating heart  
Hands covering mouth



**CONTENT**

Smiling face  
Regular heartbeat  
Calm  
Comfortable  
Relaxed  
Regular breathing





# GRIEF STORM

Feels like...

Looks like...



**SADNESS**



**ANGER**



**WORRIED**



**CONFUSED**





# GRIEF STORM

Feels like...

Looks like...



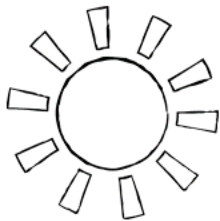
**DISAPPOINTED**



**SCARED**



**SHOCKED**

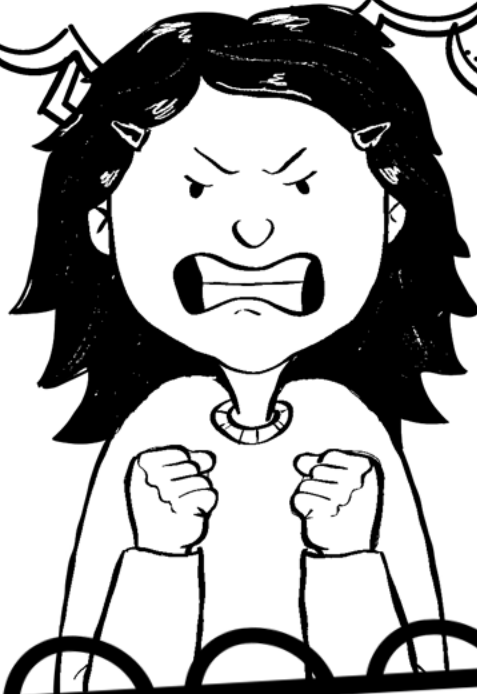


**CONTENT**



**GRIEF STORM**

**ANGER**



**THINGS THAT MAKE ME ANGRY ABOUT THE LOSS:**

1

2

3

4

5

**THINGS I CAN DO TO NOT FEEL ANGRY ABOUT THE LOSS:**

Two large, empty rectangular boxes with a jagged left edge, intended for writing strategies to manage anger.

HOW I LOOK WHEN I AM ANGRY:

A large, empty rectangular box with a double-line border, intended for drawing or writing about how the person looks when they are angry.

HOW I FEEL WHEN I AM ANGRY:

A large, empty rectangular box with a double-line border and a folded bottom edge, intended for drawing or writing about how the person feels when they are angry.

**GRIEF STORM**

**SHOCKED**



**THINGS THAT MAKE ME SHOCKED ABOUT THE LOSS:**

- 1
- 2
- 3
- 4
- 5

**HOW I LOOK WHEN I AM SHOCKED:**

**THINGS I CAN DO TO NOT FEEL SHOCKED ABOUT THE LOSS:**

Two horizontal lines for writing, each preceded by a large chevron symbol pointing to the right.

**HOW I FEEL WHEN I AM SHOCKED:**

**GRIEF STORM**

**WORRIED**



**THINGS THAT MAKE ME WORRIED ABOUT THE LOSS:**

1

2

3

4

5

**THINGS I CAN DO TO NOT FEEL WORRIED ABOUT THE LOSS:**

Two large, empty rectangular boxes with arrowheads on the left side, intended for writing coping strategies.

A large empty rectangular box with the text **HOW I LOOK WHEN I AM WORRIED:** written at the bottom right.

A large empty rectangular box with the text **HOW I FEEL WHEN I AM WORRIED:** written at the top right.

**GRIEF STORM**

**SADNESS**



**THINGS THAT MAKE ME SAD ABOUT THE LOSS:**

- 1
- 2
- 3
- 4
- 5


**THINGS I CAN DO TO NOT FEEL SAD ABOUT THE LOSS:**

Two large, empty rectangular boxes with arrowheads on the left side, intended for writing coping strategies.

HOW I LOOK WHEN I AM SAD:



HOW I FEEL WHEN I AM SAD:



**GRIEF STORM**

**CONFUSED**



**THINGS THAT MAKE ME  
CONFUSED ABOUT THE LOSS:**

- 1
- 2
- 3
- 4
- 5

**THINGS I CAN DO TO NOT FEEL  
CONFUSED ABOUT THE LOSS:**

Two horizontal lines for writing, each preceded by a large, stylized arrow pointing to the right.

HOW I LOOK WHEN I AM CONFUSED:

A large, empty rectangular box with a double-line border, intended for a drawing or description of how the person looks when confused.

HOW I FEEL WHEN I AM CONFUSED:

A large, empty rectangular box with a double-line border and a folded bottom edge, intended for writing about how the person feels when confused.

**GRIEF STORM**

**DISAPPOINTED**



**THINGS THAT MAKE ME DISAPPOINTED ABOUT THE LOSS:**

1

2

3

4

5

**THINGS I CAN DO TO NOT FEEL DISAPPOINTED ABOUT THE LOSS:**

Two large, empty rectangular boxes with arrowheads on the left side, intended for writing strategies to cope with loss.

HOW I LOOK WHEN I AM DISAPPOINTED:

HOW I FEEL WHEN I AM DISAPPOINTED:

**GRIEF STORM**

**SCARED**



**THINGS THAT MAKE ME SCARED ABOUT THE LOSS:**

1

2

3

4

5

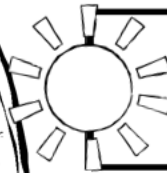
**THINGS I CAN DO TO NOT FEEL SCARED ABOUT THE LOSS:**

Two horizontal lines for writing, each starting with a large arrowhead pointing to the right.

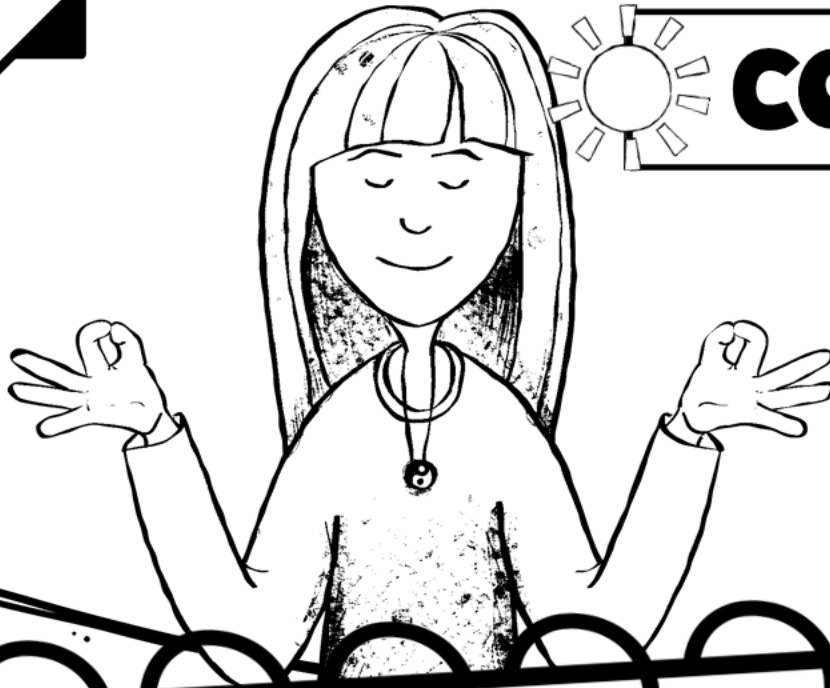
HOW I LOOK WHEN I AM SCARED:

HOW I FEEL WHEN I AM SCARED:

**GRIEF STORM**



**CONTENT**



**THINGS THAT MAKE ME  
CONTENT ABOUT THE LOSS:**

1

2

3

4

5

**THINGS I CAN DO TO FEEL  
CONTENT ABOUT THE LOSS:**

Two horizontal rectangular boxes for writing, each preceded by a large, stylized arrow pointing to the right.

A large rectangular box with a double-line border, containing the text:

**HOW I LOOK WHEN  
I AM CONTENT:**

A large rectangular box with a double-line border and a folded bottom edge, containing the text:

**HOW I FEEL WHEN I AM CONTENT:**



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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