

MY GRIEF AND LOSS FLIPBOOK

I LOST SOMEONE
IMPORTANT TO

Name: _____

WHEN IT FIRST HAPPENED

GRIEF CYCLE

MY FAVORITE MEMORY

EXPLORING THE LOSS

ALL MY FEELINGS

There's nothing you can do to make the pain of losing someone go away. There's nothing anyone else can do either. The good news is that it will hurt less and less as time goes on. And there are some things you can do to help yourself feel a little bit better on the extra tough days.



Here are two people I can talk to or just spend time with:

1. _____

2. _____

Check off the activities that you can do when you need to cope with the loss:

- | | |
|--|---|
| <input type="checkbox"/> Color or draw | <input type="checkbox"/> Read a book |
| <input type="checkbox"/> Go for a walk | <input type="checkbox"/> Write in a journal |
| <input type="checkbox"/> Watch something funny | <input type="checkbox"/> Build with something (blocks, play-doh...) |
| <input type="checkbox"/> Play a game | <input type="checkbox"/> Hug someone or something |
| <input type="checkbox"/> Listen to music | |



COPING WITH THE LOSS

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Do you need this in a digital format?
It is also on google slides!



You can do this "live" with students – video chatting with them and screen sharing. Or, you can "assign" it to them to work on independently or with their parent. It includes some drag and drop as well as some typing into text boxes.

I LOST SOMEONE IMPORTANT TO ME

Name: _____



WHEN IT FIRST HAPPENED

1

GRIEF CYCLE

2

MY FAVORITE MEMORY

3

EXPLORING THE LOSS

4

ALL MY FEELINGS

5

This flipbook was made to help you think about the loss of someone important to you. Let's start with the basics and how it started.

Who was your special someone that died?



How did it happen?

Who told you or how did you find out?

What was your first thought when you found out?

WHEN IT FIRST HAPPENED

1

GRIEF CYCLE

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There are four different pieces to the grieving process that people often go through. You might focus on different pieces at different times during your life. They are all important pieces in grieving the loss!

Color the piece(s) you think you're focused on the most right now.



understand, express, and cope with the feelings of grief

find one or more ways to stay connected to the deceased

Write one or more ways you can stay connected with your special person that died:

accept the reality of the loss

learning how to live in the world without the deceased

PIECES OF GRIEF

2

MY FAVORITE MEMORY

3

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When we lose someone we love, our brains can get stuck on the sad parts. One thing that helps is focusing on one or more favorite memories with them.

Think of a favorite memory with the special someone you lost.



What do you smell? _____

What do you taste? _____

What do you hear? _____

What do you see? _____

What do you feel/touch? _____

Draw your favorite memory.



MY FAVORITE MEMORY

3

EXPLORING THE LOSS

4

ALL MY FEELINGS

5

When someone dies, there are lots of changes.

What are 2 things that have changed since they died?

1.

2.



You did not have any control over them dying. What are 2 things you DO have control or choice over?

1.

2.

What will you miss the most about having them alive and in your life?

If they were here now,
what would you say to them?



Everyone grieves differently. Here are some things people do. Check the ones that are part of how you are grieving your loss and what you need.

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Crying | <input type="checkbox"/> Hugs |
| <input type="checkbox"/> Being with others | <input type="checkbox"/> Alone time |
| <input type="checkbox"/> Talking about it | <input type="checkbox"/> Playing |

I can keep them in my heart and mind forever. I will keep their memory going by...



EXPLORING THE LOSS

4

ALL MY FEELINGS

5

There are many uncomfortable feelings that come with losing someone you love.

I feel angry because _____

I worry about _____

I'm sad that _____

Pick a color for each of these feelings. Use those colors to color in the drops below to show how much of each feeling you've been having.

	<input type="checkbox"/> Sad	<input type="checkbox"/> Worried	<input type="checkbox"/> Numb	
<input type="checkbox"/> Angry	<input type="checkbox"/> Tired	<input type="checkbox"/> Disappointed		



I'm hopeful for _____

It's also important to remember the things that make you feel good inside.



EXCITED



PROUD



LOVED

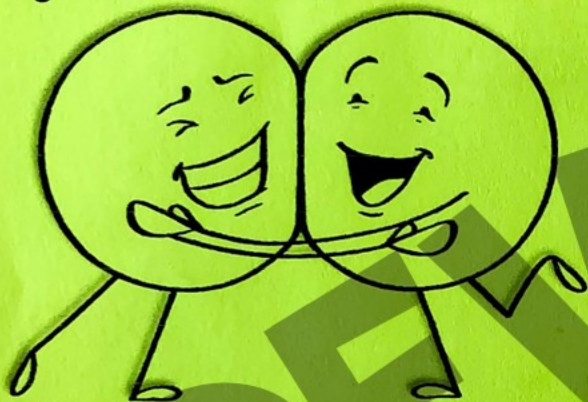


HAPPY

Feelings come and go. Grief is like waves in an ocean.
Sometimes things are smooth and you don't notice it at all.
Other times, it comes when you're least expecting it.



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- ☐ Go for a walk
- ☐ Watch something funny
- ☐ Listen to music
- ☐ Read a book
- ☐ Write in a journal
- ☐ Build with something (blocks, play-doh...)
- ☐ Hug someone or something
- ☐ Play a game

COPING WITH THE LOSS

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the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

TpT

