Inside Out Grief Group
Inside Out
Grief & Loss Group

Session 1: Intro
- Watch Inside Out Trailer: [https://youtu.be/zkBSRadEv8A](https://youtu.be/zkBSRadEv8A)
- Get to know each other M&M Game
- Memory Projector printable- draw a picture of the person that you lost, introduce them to your group. Color the circle with the color that corresponds with how you are feeling today (see Feelings Poster)

Session 2: Understanding Grief
- Watch First Day of School: [https://www.youtube.com/watch?v=Q2RVIbyuBKI](https://www.youtube.com/watch?v=Q2RVIbyuBKI)
- Define Grief: Intense sorrow caused by loss of a loved one (especially by death)
- Yes/No flip Cards for characteristics of grief. Read card and students can flip their thumbs up or thumbs down card to agree or disagree that they have experienced that characteristic of grief.
Session 3: Understanding Your Emotions

- Know Your Emotions
  https://www.youtube.com/watch?v=BIZfR1Y3xM
- Draw 5 circles on the board: students share a time they felt each of the 5 feelings (anger, fear, sadness, disgust, joy)
- Memory Bank – draw a memory in each circle, color with corresponding feeling color

Session 4: Honoring Your Memories

- Riley’s Memories
  https://www.youtube.com/watch?v=AXGhfYVA0KE
- Share memories of their loved one with the group, may bring in items or photos to share
- Continue to work on the memory bank - Can add multiple pages to create a memory book
Session 5: Support Network

- **Just Like Joy**
  
  https://www.youtube.com/watch?v=HVoi6HHA92M

- **Crayon example:** Show students a crayon and say that when stress happens, it puts pressure on you. Break the crayon. You need a support network to help you stand the pressure. Tape crayon to a popsicle stick or pencil. Try to break (won’t break).

- Does Riley push away her support when she’s feeling sad?

- Who are your support people- activity (included).

- Optional Game: Kerplunk

Session 6: Coping Strategies

- **Watch “Put Sadness in a Circle”:**
  
  https://www.youtube.com/watch?v=Whwyu09a8KE

- In the movie, Riley tries to put sadness in a circle and tells her not to come out. Does this work? What happens?

- It’s OK to feel your feelings. When you try to keep your uncomfortable feelings away, they start to spread. (Joy and Sadness get lost in the movie)

- Coping strategies memory game. When you are ready to feel joy again try these ideas!
M&M Feelings

For every 🟢 say one thing that tastes gross to you.

For every 🟠 share one cool trick or a fact about you we don’t know.

For every 🟡 say one thing that makes you angry.

For every 🟢 share one song you like to listen to.

For every 🟠 say one thing that you love to do.

For every 🟡 say one thing that makes you sad.
Your memory projector:

The person I lost is:

When I think about them, I feel:

Draw a picture of your loved one here.
My Memory Bank

Draw a memory of your loved one, color the memory ball with your feeling.
Write your support people on the strips above and cut out. Draw a picture of yourself at the top of a piece of construction paper. Glue your support “sticks” underneath so you don’t fall!
Yes/No Sticks

Instructions: Cut out and paste on either side of a popsicle stick. Use either the large images on this page or the small images included. Black and white images included as well.
<table>
<thead>
<tr>
<th>Anxious</th>
<th>Worried about the Future</th>
<th>Feeling my friends don’t understand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling tired, no energy</td>
<td>Tearful, crying</td>
<td>Unable to sleep</td>
</tr>
<tr>
<td>I wish I could find out it was just a dream.</td>
<td>Wishing things were different</td>
<td>Having dreams of the loved one</td>
</tr>
<tr>
<td>Sad</td>
<td>Things just aren’t the same anymore</td>
<td>Thankful to have had the loved one in my life</td>
</tr>
<tr>
<td>Relieved</td>
<td>Missing the loved one</td>
<td>Angry</td>
</tr>
<tr>
<td>----------</td>
<td>-----------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Not able to concentrate</td>
<td>Lonely</td>
<td>Scared</td>
</tr>
<tr>
<td>Fearful</td>
<td>Questioning “Why”</td>
<td>Constantly thinking about the loved one</td>
</tr>
<tr>
<td>Wanting to be alone</td>
<td>Guilty</td>
<td>Stomach Aches</td>
</tr>
</tbody>
</table>
Inside Out
Grief Coping
Skills Memory
Game
<table>
<thead>
<tr>
<th>Talk to Someone</th>
<th>Talk to Someone</th>
<th>Draw a Picture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Draw a Picture</td>
<td>Pet an Animal</td>
<td>Pet an Animal</td>
</tr>
<tr>
<td>Jump Rope</td>
<td>Jump Rope</td>
<td>Make Something</td>
</tr>
<tr>
<td>Make Something</td>
<td>Write about it</td>
<td>Write about it</td>
</tr>
</tbody>
</table>
Give a Hug
Give a Hug
Look for a Four Leaf Clover
Look for a Four Leaf Clover
Take a Nap
Take a Nap
Swing
Swing
Read
Read
Tell a Joke
Tell a Joke
Play a Game
Play a Game
Dance It Out
Dance It Out
Look for Shapes in Clouds
Look for Shapes in Clouds
Take a Walk
Take a Walk
Call someone
Call someone
Call someone
Ride a Bike
Ride a Bike
CounselorUp

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