

5 stages of Grief

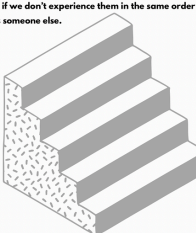
Then comes **anger**. People may feel upset about the situation and wonder why it had to happen. The person may become very mad and become upset more easily than before. The anger may be directed at the person that they believe caused the loss, at the God they worship, or even people that are trying to help them.

is when people wish they could

The Five Stages of Grief

The five stages of grief are the feelings people often go through when they experience a loss. These stages are: _____ and _____.

They help us understand the emotions we might feel when we're sad, and it's okay if we don't experience them in the same order or in the same way as someone else.



First, there's _____ when a person can't believe what's happened. It's as if the brain is trying to protect the person from feeling too much all at once. The person may feel things like "This is a dream." "There must be a mistake," etc.

Name: _____

Directions: Fill in the chart with examples from the book of a character or characters experiencing each stage of grief.

Stage of Grief	Examples from the book
Denial	
Anger	
Bargaining	
Depression	
Acceptance	

5 STAGES OF GRIEF

Denial

Anger

Bargaining

Depression

Acceptance

Then comes **anger**. People may feel upset about the situation and wonder why it had to happen. The person may become very mad and become upset more easily than before. The anger may be directed at the person that they believe caused the loss, at the God they worship, or even people that are trying to help them.

Bargaining is when people wish they could make deals, like thinking, "If only this had happened differently, things would be better." People spend time thinking over ways they could have changed the situation. Sometimes people will make promise like "I _____ then _____."

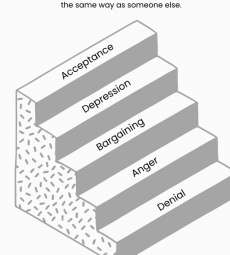
After that, we might feel **depression**, which is a deep sadness that can come from realizing the loss is real. The person may cry a lot, stop wanting to do fun things, and feel tired often.

Finally, there's **acceptance**, where the person begins to understand and come to peace with what has happened. The person will still feel some sadness, but they understand that they cannot change the situation and must start to move on with life.

It's important to remember that everyone goes through grief differently, and all of these feelings are normal. One person may go through the stages as if they are walking up a staircase. Another person may go up a few stairs and go back down to experience a stage again. Another person may skip over a step. We can't predict exactly how people will handle grief. However, understanding the stages of grief can help us understand our feelings and the feelings of others during times of great loss.

The Five Stages of Grief

The five stages of grief are the feelings people often go through when they experience a loss. These stages are **denial**, **anger**, **bargaining**, **depression**, and **acceptance**. They help us understand the emotions we might feel when we're sad, and it's okay if we don't experience them in the same order or in the same way as someone else.



First, there's **denial** when a person can't believe what's happened. It's as if the brain is trying to protect the person from feeling too much all at once. The person may feel things like "This is a dream." "There must be a mistake," etc.

handout, guided notes, worksheet, & flip book



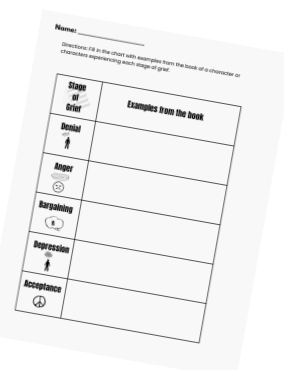
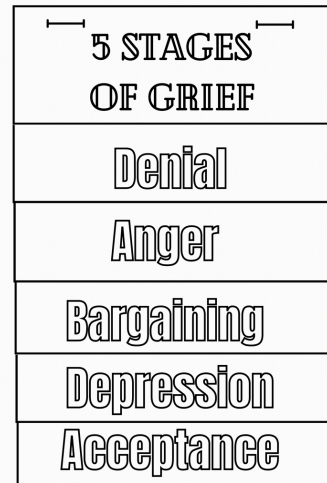
How to use this resource

This resource was designed to introduce students to the 5 stages of grief & make connections with the novel, Out of the Dust. It can be used as a supplement to that text, any book where the character experiences grief, or for teaching psychology or emotional health.

This resource comes with a handout explaining the stages of grief and a fill-in-the-blank guided notes option as well.

Next, there is a craftivity where students can make a flip book to help them understand the stages of grief. Students will cut out the boxes, put them order, and staple along the top. Students will color the words & draw an illustration to help them remember what each stage means. There are two options for this. One has the description and one is blank. Students will have to write down notes on the blank copies. There are two of the first two pages of the flip book on 1 page to help save on printing.

Finally, there is a chart for students to fill out with examples from the Out of the Dust book or any other book that involves grief. This can be done as you read a novel over several days or at the end of the book.



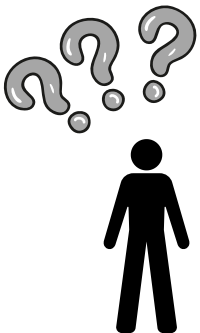
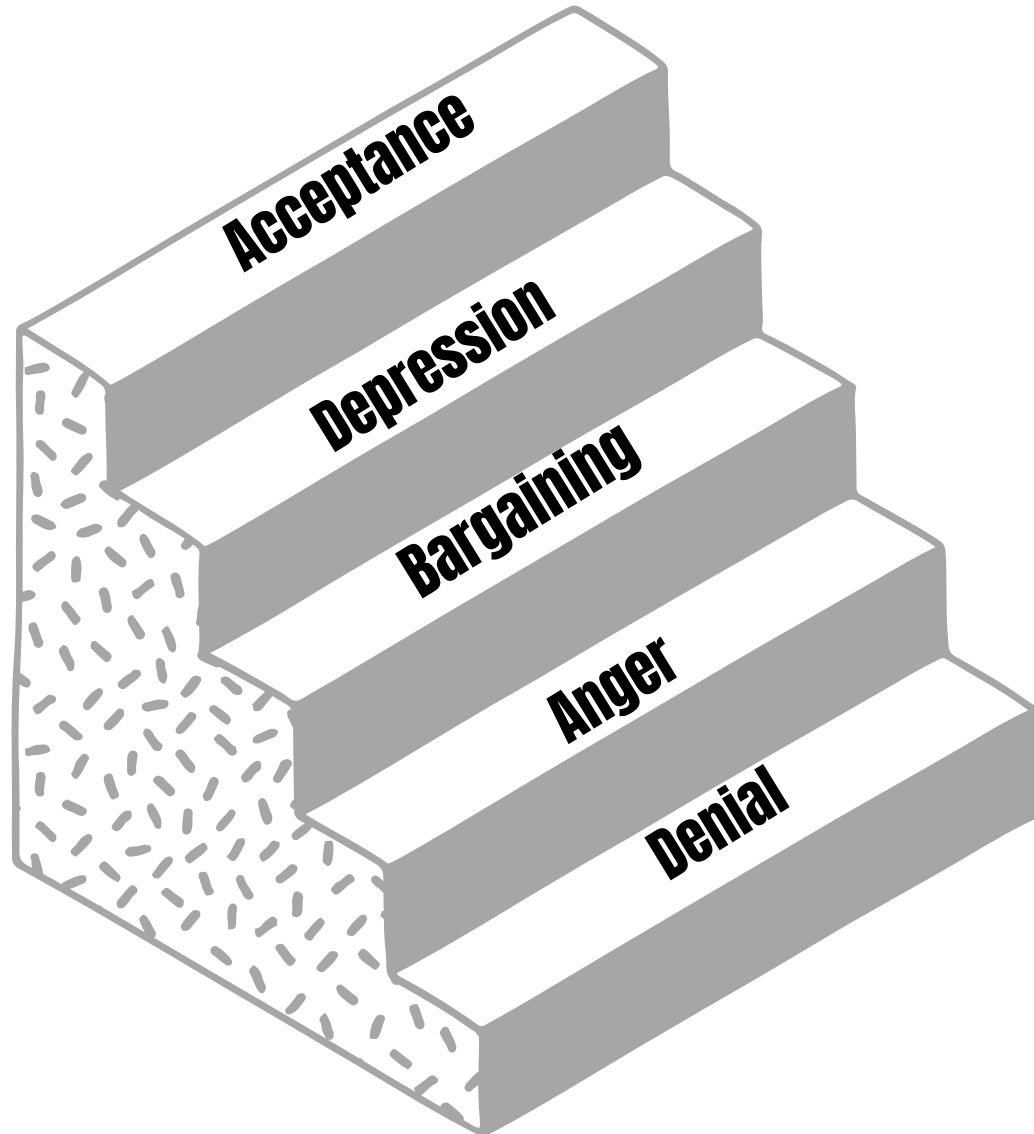
One last thing:

Feel free to share this resource with others. Please send the link or refer your friends back to our store on TPT for them to download it. Thank you!

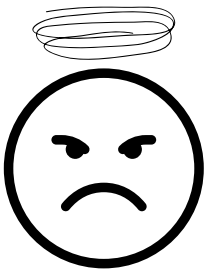


The Five Stages of Grief

The five stages of grief are the feelings people often go through when they experience a loss. These stages are: **denial**, **anger**, **bargaining**, **depression**, and **acceptance**. The stages help us understand the emotions people might feel when they lose someone or something special. It's okay if people don't experience the stages in the same order or in the same way as someone else.



First, there's **denial**. This is when a person can't believe what's happened. It's as if the brain is trying to protect the person from feeling too much all at once. The person may feel things like "This is a dream." "There must be a mistake," etc.



Then comes **anger**. People may feel upset about the situation and wonder why it had to happen. The person may become very mad and become upset more easily than before. The anger may be directed at the person that they believe caused the loss, at the God they worship, or even people that are trying to help them.



Bargaining is when people wish they could make deals, like thinking, "If only this had happened differently, things would be better." People spend time thinking about ways they could have changed the situation. Sometimes, people will make promise like "If ____, then ____."



After that, a person might experience **depression**, which is a deep sadness that can come from realizing the loss is real. The person may cry a lot, stop wanting to do fun things, and feel tired often. They may feel hopeless.



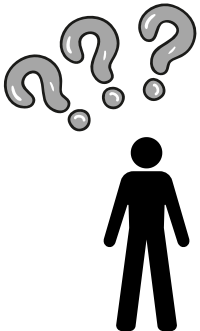
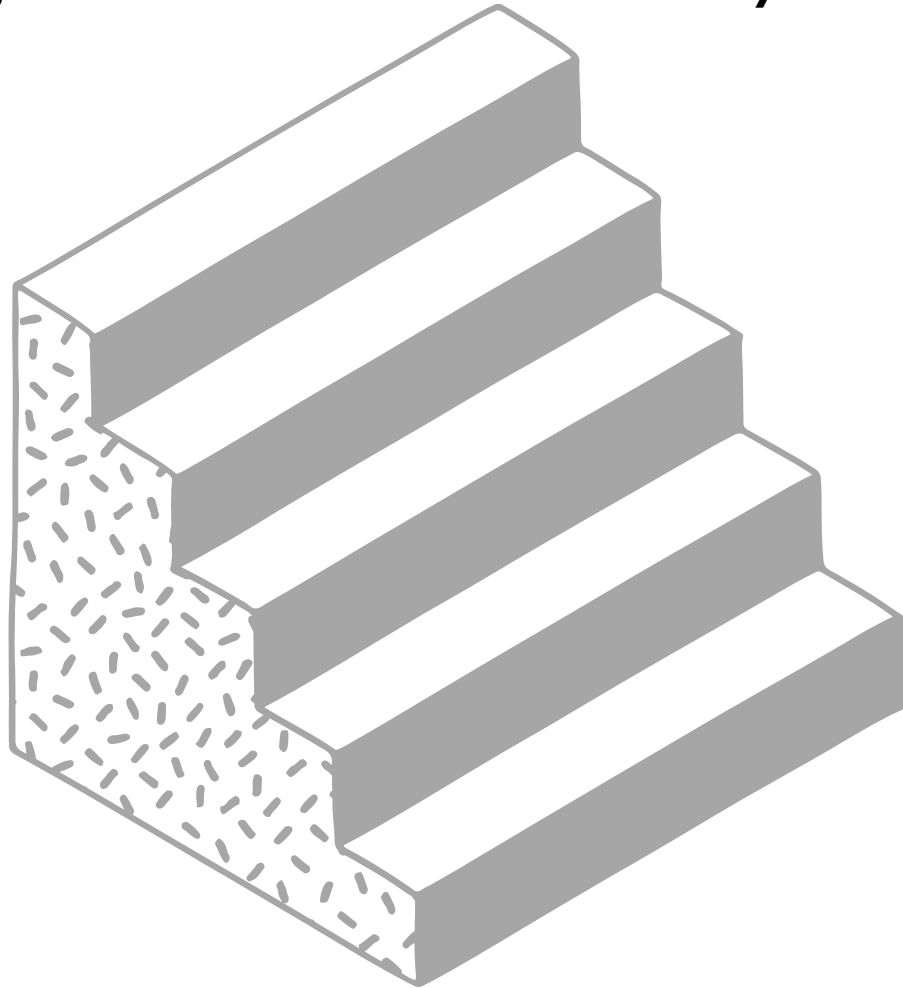
Finally, there's **acceptance**, where the person begins to understand and come to peace with what has happened. The person will likely still feel some sadness, but they understand that they cannot change the situation and must start to move on with life.

It's important to remember that everyone goes through grief differently, and all of these feelings are normal. One person may go through the stages as if they are walking up a staircase- one after the other. Another person may go up a few stairs and go back down to experience a stage again. Another person may skip over a step. We can't predict exactly how people will handle grief. However, understanding the stages of grief can help us understand our feelings and the feelings of others during times of great loss.

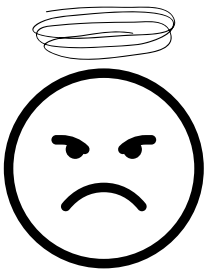
The Five Stages of Grief

The five stages of grief are the feelings people often go through when they experience a loss. These stages are: _____, _____, _____, _____ and _____.

The stages help us understand the emotions people might feel when they lose someone or something special. It's okay if people don't experience the stages in the same order or in the same way as someone else.



First, there's _____ when a person can't believe what's happened. It's as if the brain is trying to protect the person from feeling too much all at once. The person may feel things like "This is a dream." "There must be a mistake," etc.



Then comes _____. People may feel upset about the situation and wonder why it had to happen. The person may become very mad and become upset more easily than before. The anger may be directed at the person that they believe caused the loss, at the God they worship, or even people that are trying to help them.



_____ is when people wish they could make deals, like thinking, "If only this had happened differently, things would be better." People spend time thinking over ways they could have changed the situation. Sometimes, people will make promise like "If __, then__."



After that, people might feel _____, which is a deep sadness that can come from realizing the loss is real. The person may cry a lot, stop wanting to do fun things, and feel tired often. They may feel hopeless.



Finally, there's _____ where the person begins to understand and come to peace with what has happened. The person will likely still feel some sadness, but they understand that they cannot change the situation and must start to move on with life.

It's important to remember that everyone goes through grief differently, and all of these feelings are normal. One person may go through the stages as if they are walking up a staircase- one after the other. Another person may go up a few stairs and go back down to experience a stage again. Another person may skip over a step. We can't predict exactly how people will handle grief. However, understanding the stages of grief can help us understand our feelings and the feelings of others during times of great loss.

Pages 8-13 will be cut out and put together to make this



You can also use page 8, 14-18. These are blank. Students will have to write notes & illustrate with these.

5 STAGES
OF GRIEF

5 STAGES
OF GRIEF

A person can't believe what's happened. It's as if the brain is trying to protect the person from feeling too much all at once. The person may feel things like "This is a dream."
"There must be a mistake."

Denial

A person can't believe what's happened. It's as if the brain is trying to protect the person from feeling too much all at once. The person may feel things like "This is a dream."
"There must be a mistake."

Denial

People may feel upset about the situation and wonder why it had to happen. The person may become very mad and become upset more easily than before. The anger may be directed at the person that they believe caused the loss, at the God they worship, or even people that are trying to help.

Anger

This is when people wish they could make deals, like thinking, "If only this had happened differently, things would be better." People spend time thinking about ways they could have changed the situation. Sometimes, people will make promise like "If __, then__."

Bargaining

This is a deep sadness that can come from realizing the loss is real. The person may cry a lot, stop wanting to do fun things, and feel tired often. They may feel hopeless.

Depression

This is when the person begins to understand and come to peace with what has happened. The person will likely still feel some sadness, but they understand that they cannot change the situation and must start to move on with life.

Acceptance

Denial

Denial

Anger







Bargaining

Depression

Acceptance

Name: _____

Directions: Fill in the chart with examples from the book of a character or characters experiencing each stage of grief.

<div>Stage of Grief</div>	Examples from the book
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<div>Anger</div> <div></div>	
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<div>Depression</div> <div></div>	
<div>Acceptance</div> <div></div>	