

## A cartoon illustration featuring three round characters with faces and legs. The character on the left is red with a grumpy, angry expression. The character in the center is blue and is crying with its mouth wide open in a scream. The character on the right is a lighter shade of blue and has a sad, downcast expression. They are standing on a background that consists of the word 'COUNSEL' repeated in large, black, sans-serif capital letters. The background is split horizontally into a blue top half and a white bottom half.

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# TERMS of use

## YOU MAY

-Share how you used this product on your social media as long as you tag me! **@kristinheadleycounselling**

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## YOU MAY NOT

-Share this product with .anyone (includes emailing and printing)

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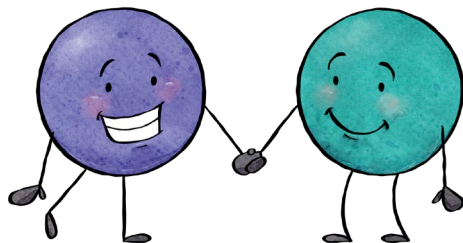


# FONTS

Both fonts are from [www.dafont.com](http://www.dafont.com)

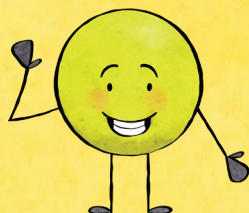
# GRAVITY

and



# bromello

- Each question is tailored to support students who have experienced a loss. There are 22 questions that will guide conversation and allow you to understand and support your student's process
- Print out the checklist, complete along the way, and add to the students file.
- There is a take-away version for students, in which they can keep with them, at their desks or at home. Help them complete the take-away form before leaving, or invite them complete by themselves.
- This activity can be used while playing games such as Jenga. Simply follow the directions of the game, and find ways to insert the questions.



## GRIEF and loss

- ☐ What is the name of the loved one you lost?
- ☐ Do you have a special memory you want to share about them?
- ☐ What is one thing you love about them?
- ☐ Will you be celebrating any special days/holidays this year without them?
- ☐ How are you mourning this loss?
- ☐ Who can you talk to about your feelings?
- ☐ What do you miss the most?
- ☐ Something that has changed...
- ☐ Something that has not changed...
- ☐ Something you wish your lost loved one knew...
- ☐ Is there anything you want to tell them?
- ☐ What are some of the feelings you are experiencing?
- ☐ What is one thing you wish you could change?
- ☐ What are you having a hard time with?
- ☐ What is helpful during this process?
- ☐ What is something you are grateful for?
- ☐ Do you have any triggers?
- ☐ Who is your support system?
- ☐ What are some of the things that help you the most?
- ☐ Is there anything you wish your friends knew?
- ☐ Is there something you wish your teacher(s) knew?
- ☐ What is something that you are learning during this process?

Name: \_\_\_\_\_

Date Completed: \_\_\_\_\_



Version One

## GRIEF and loss

- ☐ What is the name of the loved one you lost?
- ☐ Do you have a special memory you want to share about them?
- ☐ What is one thing you love about them?
- ☐ Will you be celebrating any special days/holidays this year without them?
- ☐ How are you mourning this loss?
- ☐ Who can you talk to about your feelings?
- ☐ What do you miss the most?
- ☐ Something that has changed...
- ☐ Something that has not changed...
- ☐ Something you wish your lost loved one knew...

Name: \_\_\_\_\_

Date Completed: \_\_\_\_\_



Version Two

## GRIEF and loss

- ☐ Is there anything you want to tell them?
- ☐ What are some of the feelings you are experiencing?
- ☐ What is one thing you wish you could change?
- ☐ What are you having a hard time with?
- ☐ What is helpful during this process?
- ☐ What is something you are grateful for?
- ☐ Do you have any triggers?
- ☐ Who is your support system?
- ☐ What are some of the things that help you the most?
- ☐ Is there anything you wish your friends knew?
- ☐ Is there something you wish your teacher(s) knew?
- ☐ What is something that you are learning during this process?

## STUDENT take-away

**Grief:** The feeling of loss

**Mourning:** The act of grieving

**remember...**

The feeling of grief will come and go. Find people who you can talk to, people that can support you through this process. You might experience different emotions. This is normal. Find healthy ways to cope . The way you mourning will be unique to you.

☐ Identify your support system.

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-  
-  
-

☐ How are you mourning this loss?

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-  
-  
-

☐ What are some of the feelings you are experiencing?

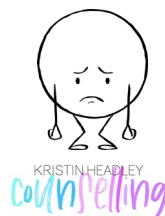
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☐ What is helping you cope?

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-

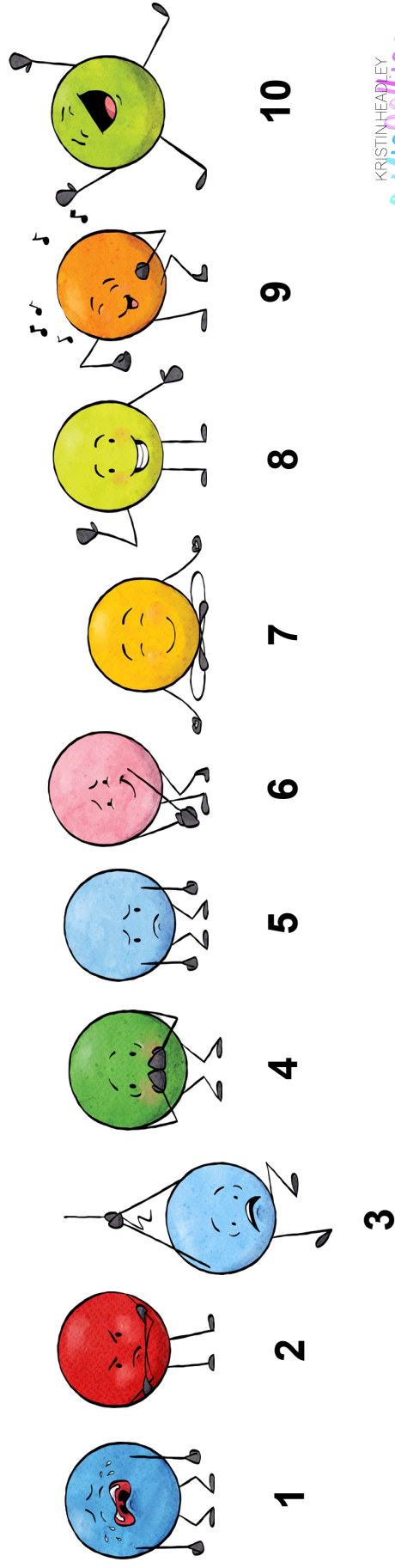
☐ One goal

-





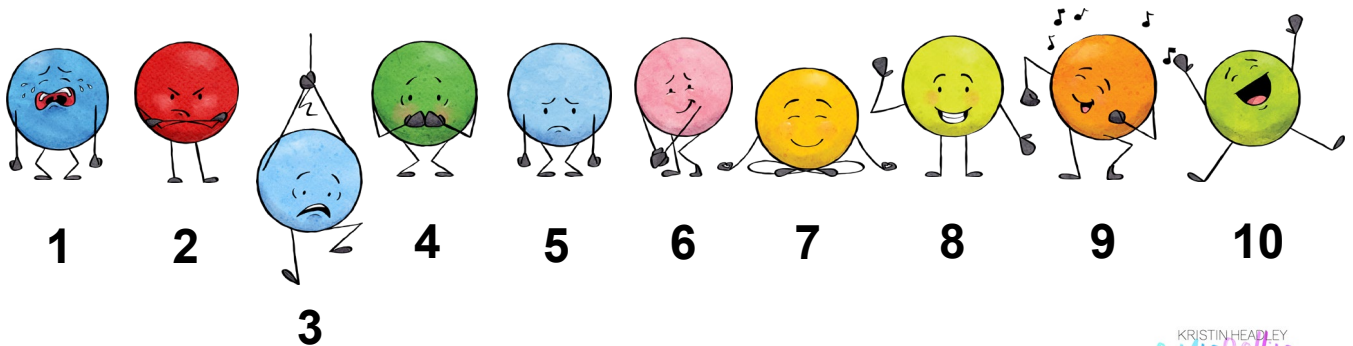
# HOW ARE YOU feeling RIGHT NOW?



# FEELINGS CHECK-IN

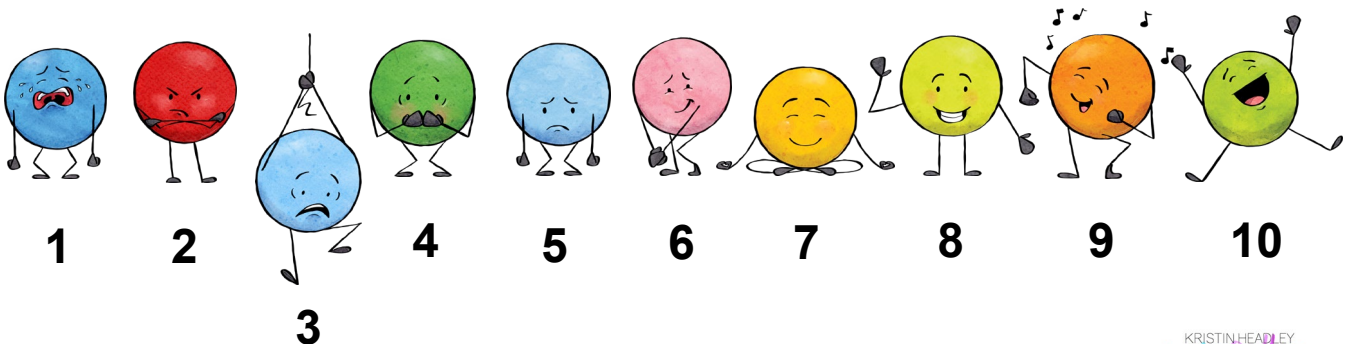
colored version

HOW ARE YOU feeling RIGHT NOW?



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HOW ARE YOU feeling RIGHT NOW?

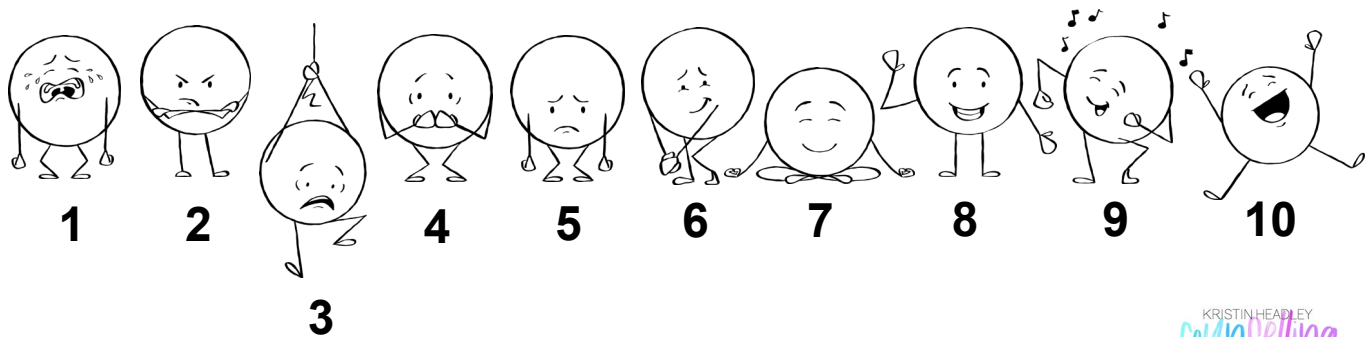


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# FEELINGS CHECK-IN

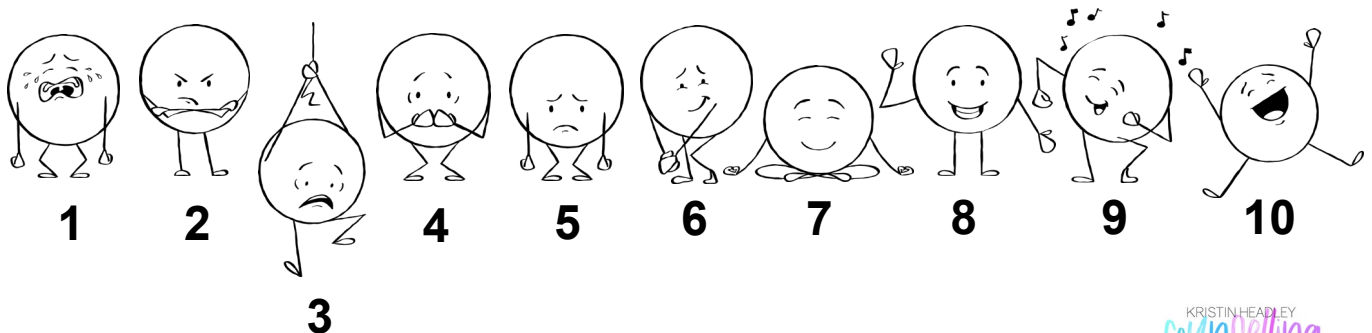
black and white  
version

HOW ARE YOU feeling RIGHT  
NOW?



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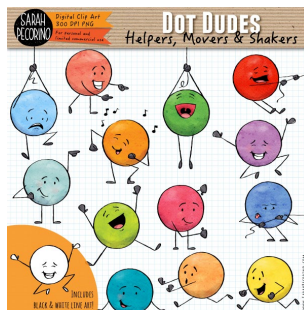
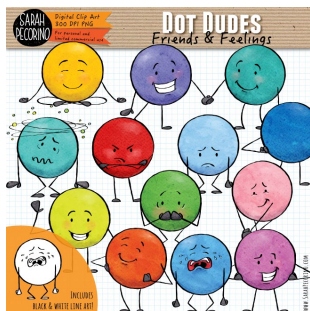
HOW ARE YOU feeling RIGHT  
NOW?



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# thankYOU

CLIPART:



FONTS:

