# Name of Lesson \_Grief Group Stages of Grief\_\_\_\_\_

**Counselor\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_**

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| **UNIT/TOPIC:** **(If unit, note how many lessons in unit):** | Lesson 3 of 8 |
| **DOMAIN:****(academic, career, personal/social)** | **Personal/Social** |
| GRADE LEVEL(S): | 9 – 12 |
| **GUIDANCE STANDARD(S):****ASCA Standards Addressed:** | **Category 1.1 Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being****Category 2.10 (Self-Management Skills) Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities****Category 2.7 (Self-Management Skills) Demonstrate effective coping skills when faced with a problem** |
| **INDIANA STANDARDS ADDRESSED:**\*If this lesson is crosswalked with other academic areas, please list here. | **9-12.1.2 Describes strategies to regulate emotions****9-12.3.1 Applies emotional regulation skills** |
| **DIFFERENTIATED INSTRUCTION STRATEGIES:** | **Differentiated delivery of instructional material: written by counselor or other participants, verbal****Written activities may be converted to verbal format or extended time given to complete.** **Different sources of information and conversations: paper/pencil, white board, discussion, drawing, art.**  |
| **LEARNING OBJECTIVES** | **Students will be able to understand the stages of grief and what stage they are currently in.** **Students will understand that it is okay to move through the stages multiple times.** **Students will think critically about their experience with the death of their loved ones.**  |
| **TIME REQUIRED** | **45 minutes** |
| **MATERIALS NEEDED** | Writing utensilsWhite board markersStages of Grief HandoutPersonal Experience with Grief Worksheet |
| **ACTIVITY SUMMARY** | 1. Check in
2. Stages of Grief Handout
3. Personal Experience With Grief Worksheet
4. Guided Discussion
5. Closing
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| **PROCEDURE** | 1. Check in
	1. Who died, last memory with them
	2. Highs and Lows from the weekend
2. Stages of Grief Handout
	1. Explain that there is no one way to grieve
	2. Explain that you may move from one “stage” back to another
	3. Explore the stage that they are in
		1. How are you handling the grief
		2. Was there a stage that stands out to you
		3. What stage are you scared, concerned to go to
		4. How have COPING skills helped
3. Personal Experience With Grief Worksheet
	1. Give the students time to answer the questions on the handout
	2. Allow the conversation to flow
	3. When there is an opening discuss the following:
		1. Focus on one thing I wish my teachers understood
		2. COPING skills that you have used.
		3. How life is different
4. Guided Discussion
	1. Continued discussion based on the feel of the group. Relating the stages to personal experiences.
5. Closing
	1. What are coping skills?
	2. What is your go to coping skill?
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| **EVALUATION:** **What data will you collect and How will you collect data to show:**1. **impact on K-12 students**
2. **feedback on lesson**
 | Fill out Process and Progress for each individual in the group to track how they are participating and working in the group setting. Inform students that we will meet individually to discuss the first three sessions and continue after break.  |
| **FOLLOW-UP PLAN:** | Instruct students to try and use different strategies and coping skills over the Winter break.  |
| CITATION(S)References/Resources Used:Cite copyrighted materials, but do not reproduce copyrighted materials in your lesson plan. Non-copyrighted materials must be reproduced and included in your lesson plan. | Johnson, Scott. "Teen Grief Curriculum." *An 8 Week Teen Grief Curriculum* (2010): n. pag. Print. |
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