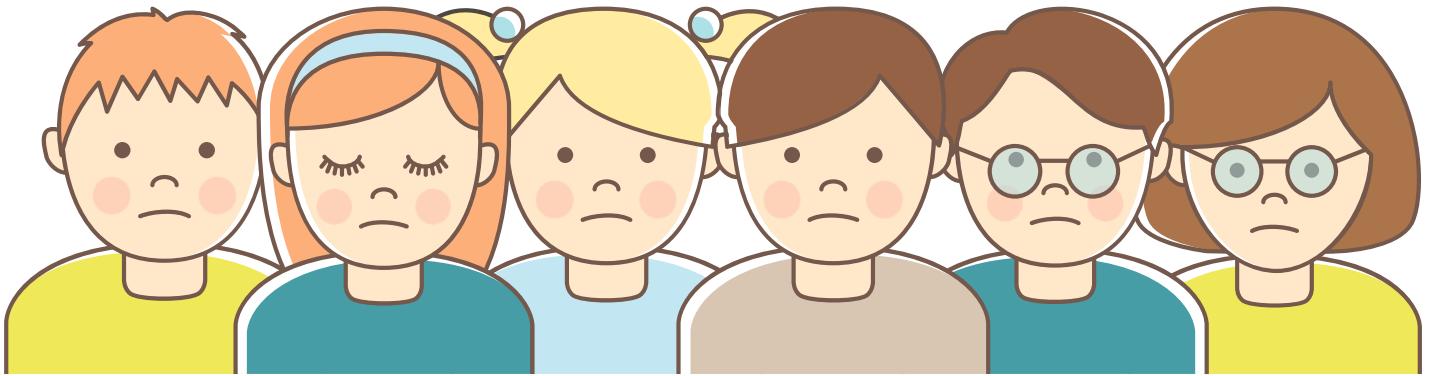


# Dealing With Grief



## Storm of Joy: Dealing With Grief Lesson Plan

### Materials:

- Storm of Joy By Sherri Sengsouvanna
- Book Connection papers
- Discussion cards
- Materials for crafts (listed on each activity)
- Events and feeling cards

### Standards:

- PS:C1.10- Learn techniques for managing stress and conflict
- PS:C1.11- Learn coping skills for managing life events.
- PS: A1.5- Identify and express feelings

### Day 1:

**Activating Knowledge:** Give students an event card to each student. Have students share with a partner, group, or teacher how that would make someone feel. Adding smiley faces to other cards will allow students will find a partner with an emotion that would match that event. If small group or individual lesson, you can discuss feelings as a group. Teacher takes the card with loss of loved one/pet. "Today we will be talking about how you feel when you lose a loved one/pet. This is called grief. We will talk about ways to can express our feelings and our grief and find ways to remember our loved one."

#### **Teaching Procedure:**

1. "We are going to read a story with a character who loses someone close to them. Let's see what happens and how the character feels." Read Storm of Joy by Sherri Sengsouvanna.
2. After reading the book, choose one or more of the book connection papers including story elements, retell, and making connections.

**Summarizer:** Discuss who you lost and how your feel or draw a picture of someone you lost or how you feel.

### Day 2:

**Activating Knowledge:** Review feelings activity. Use the large faces to sort actions and feelings. Talk about how you would feel about each event.

#### **Teaching Procedure:**

1. Review Storm of Joy. Students can think of something their loved one enjoyed and draw a picture or what they think their loved one is doing. Use the discussion cards for additional conversation starters.
2. "We are going to create something that will help us deal with our sadness, anger, etc, and also help remember our loved one." Choose one or two of the other activities to complete based on the needs of the students to help deal with grief.

**Summarizer:** Students can share their projects or write about their thoughts/feelings in their journal. Teachers can use the discussion cards for continued conversation or wrap-up to lesson.

### Day 3:

**Activating Knowledge:** Review Book Storm of Joy by talking about story elements, retell, or connections. Re-read if necessary. One or more of the discussion cards can be used to engage students. Younger students can watch Sesame Street When Families Grieve. <https://www.youtube.com/watch?v=a2VpflpbOmk>

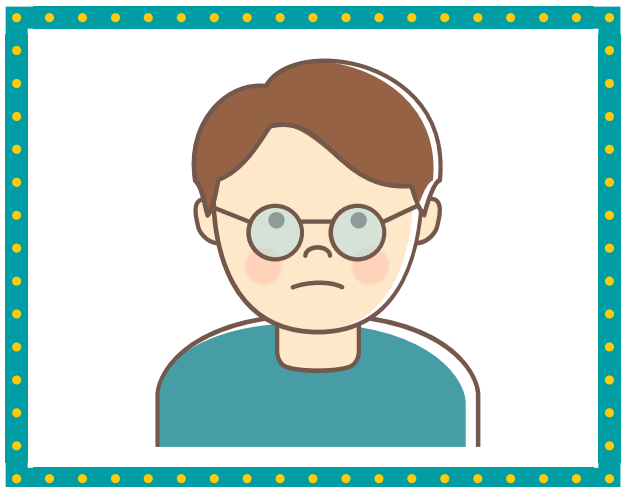
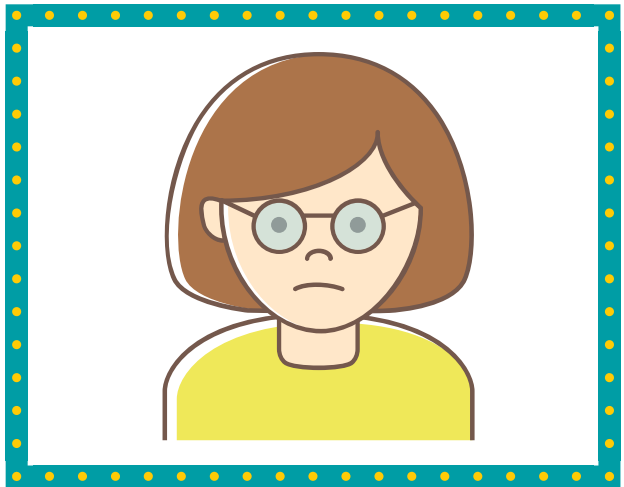
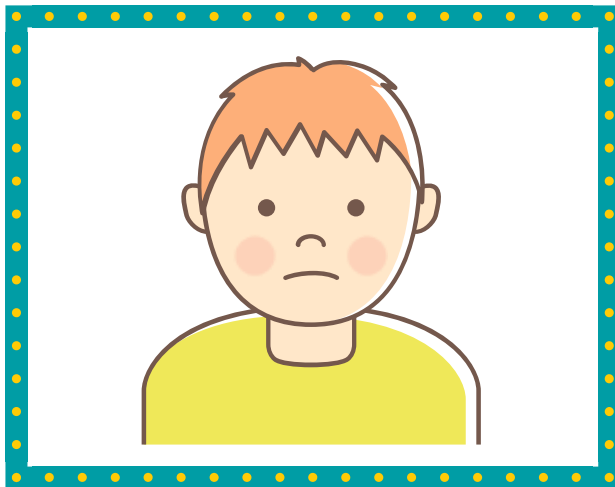
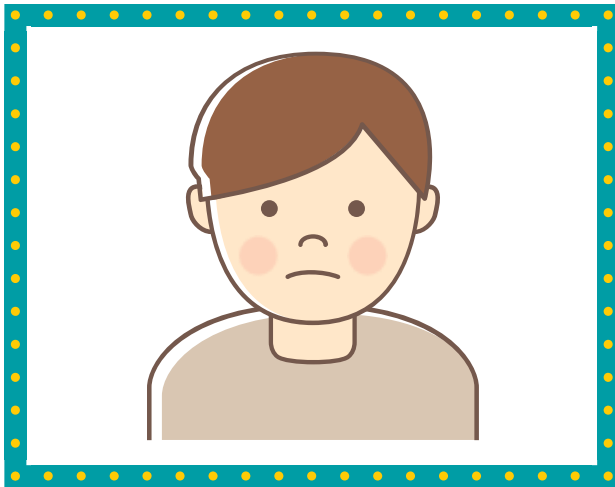
#### **Teaching Procedure:**

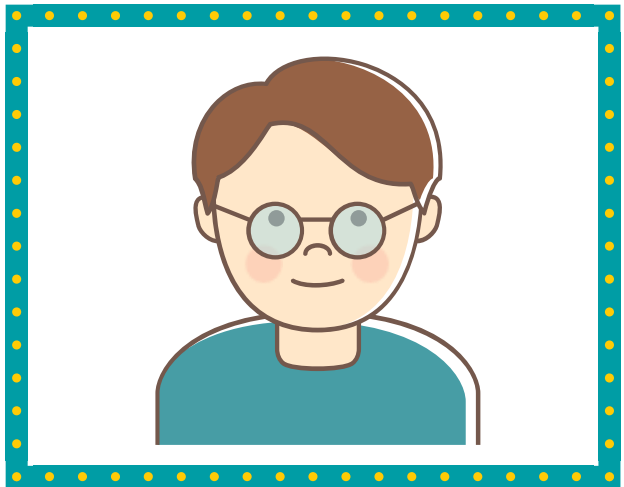
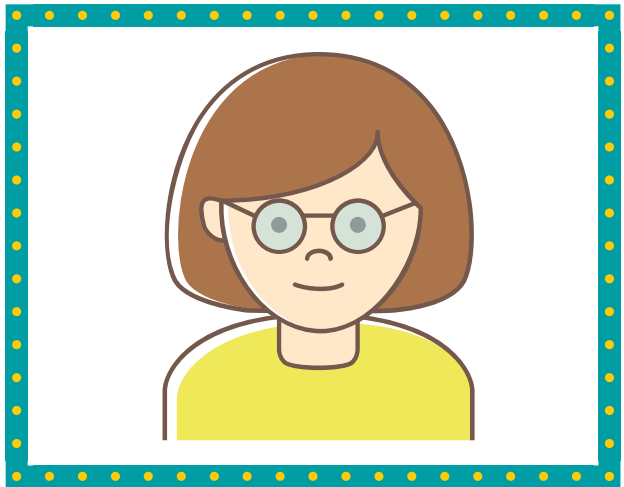
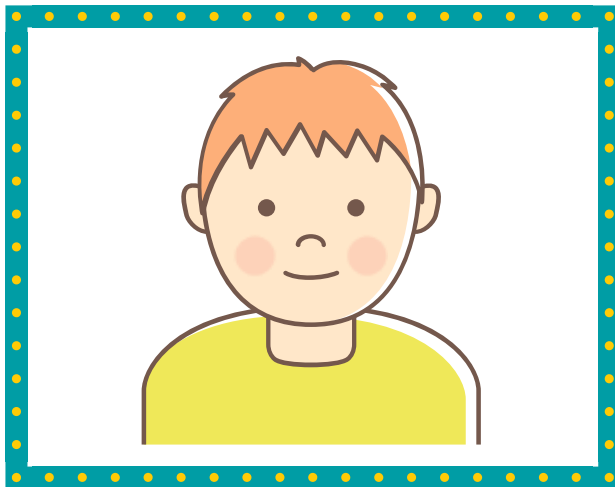
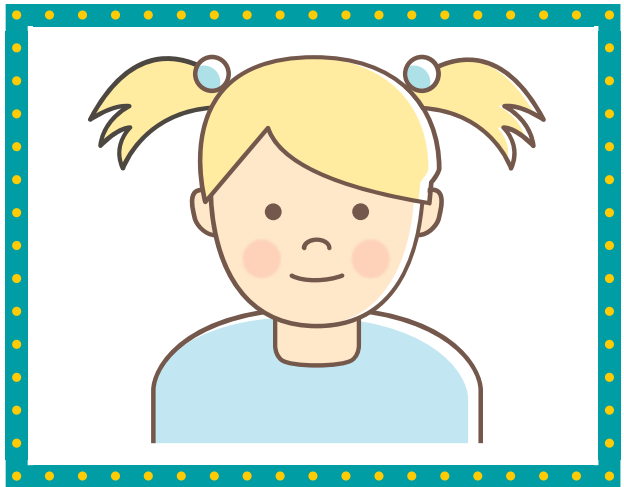
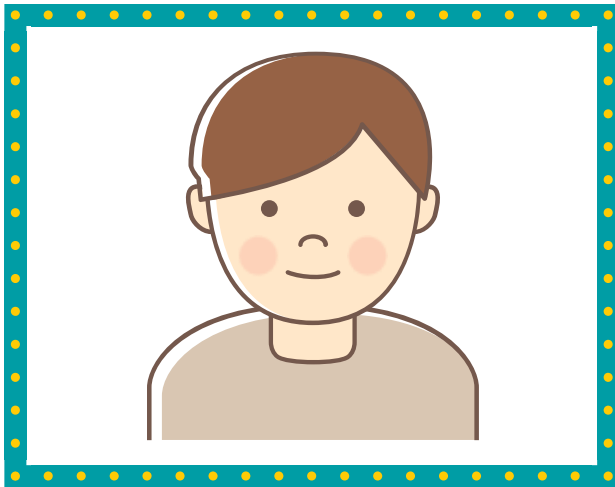
1. Allow students the opportunity to continue to work on a project or journal writing.
2. Students are about to draw or write about what they think their loved one looks like now or what they might be doing. Students can also continue o create the bracelet, connection chain, or memory heart.
3. If available, students can use technology and digital storytelling apps to tell their favorite memory, event, or how they are feeling. Some tools include Toontastic, Puppet Pals, Storybird, and many more.

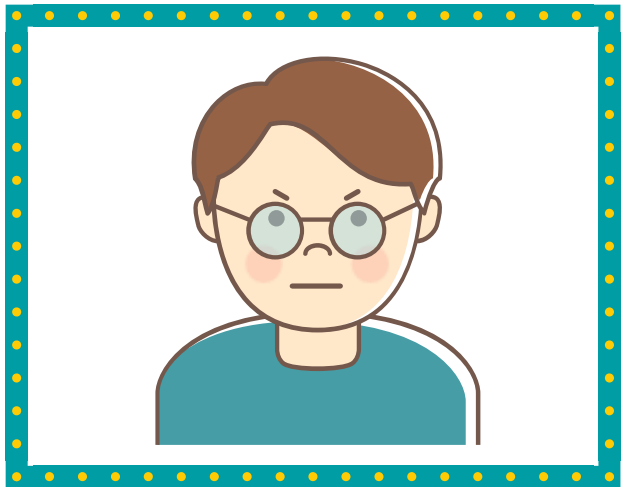
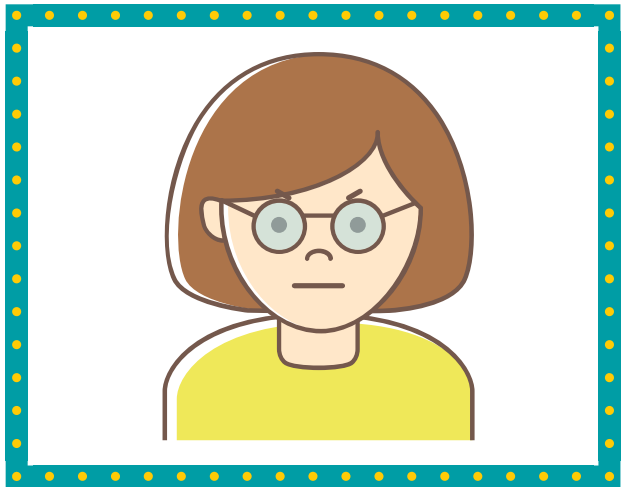
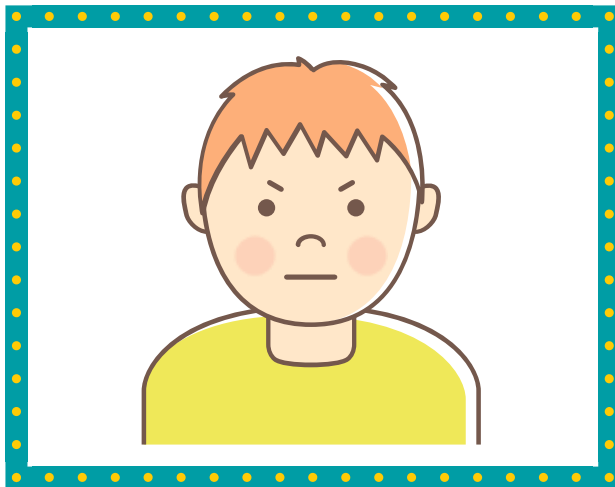
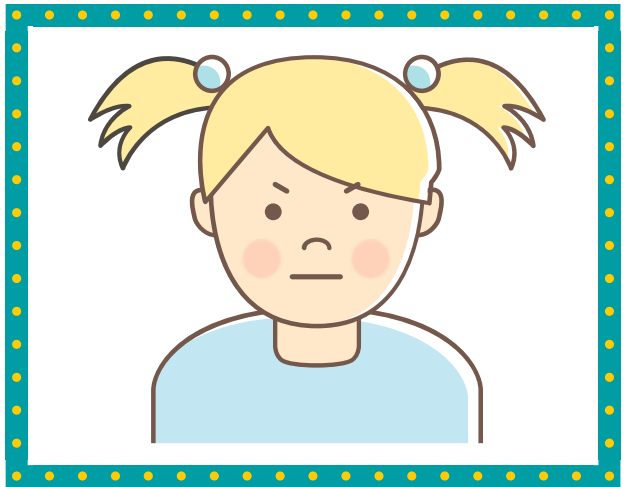
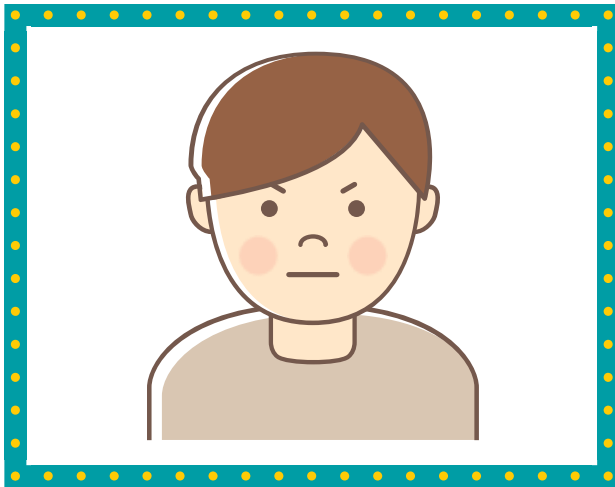
**Summarizer:** Share project with friends. Pose one last discussion question or short video. Remind students you are always there to talk to or help them with their grief.

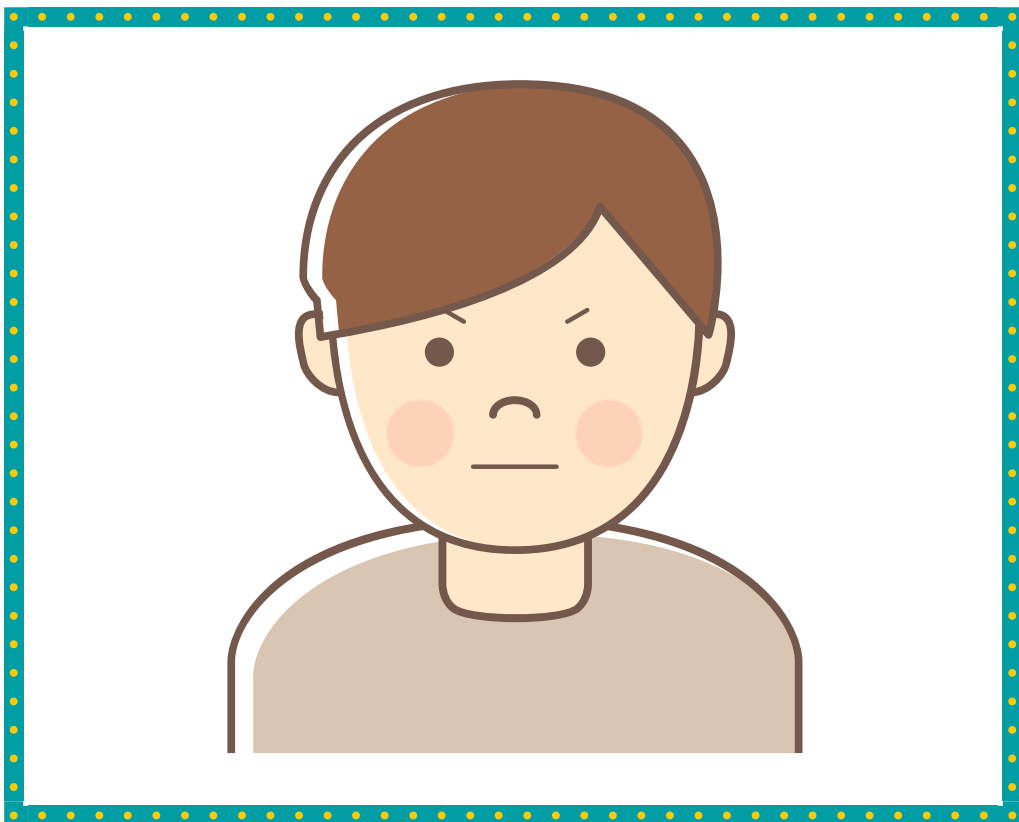
\*\*\*These lesson ideas can be used in small or whole group to help students deal with grief of loved ones or pets. This lesson can be used with other books as well to extend the lesson over more days

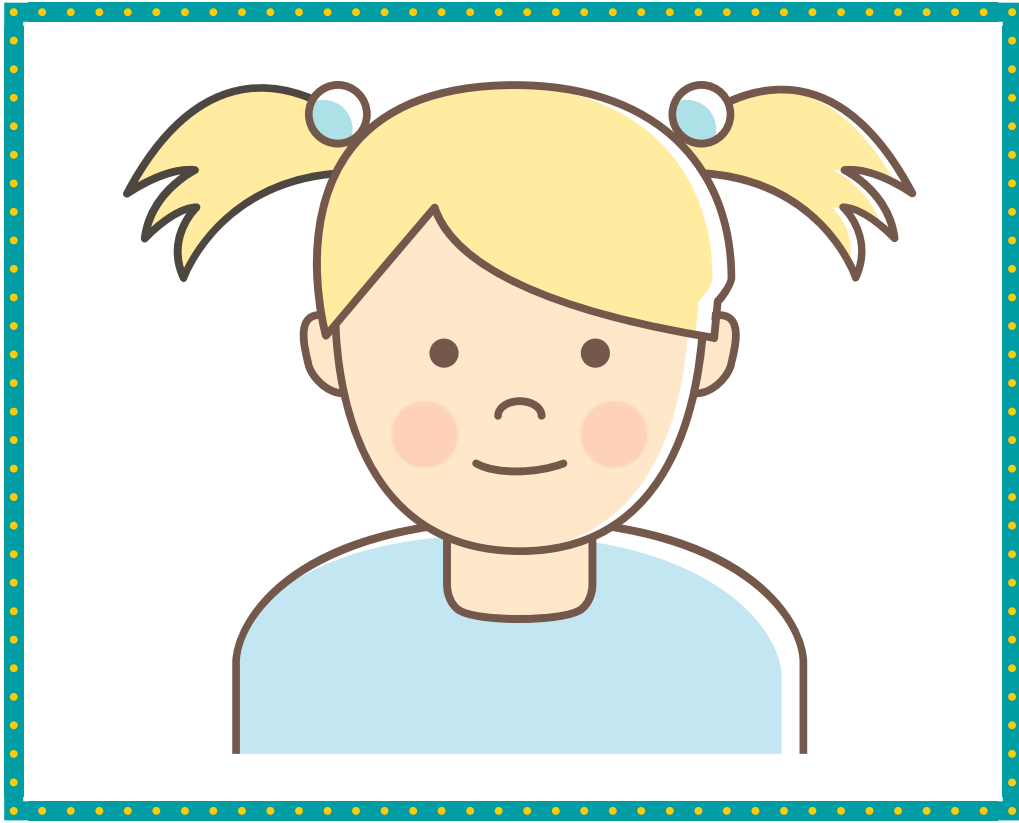
Your teacher says you got a 100 on your test!
You got in trouble by your mom or dad.
You missed the bus.
Your teacher complimented your outfit.
You broke your favorite toy.
You had no school today.
It snowed today and you got to go outside and play with in the snow.
You dropped your favorite ice cream.
Your mom or dad gave you a surprise present.
Your best friend got you in trouble.
Your best friend gave you a present.
Your pet passed away.
A student in your class took something that belonged to you.













What is something  
that you and your pet  
loved to do?

What is your  
favorite memory  
about your pet?

What is something that  
you will miss the most  
about that pet?

What was your pet's  
name? How did you  
come up with the  
name?

How do you feel?  
Draw a picture.

What is something  
funny your pet did?

What is something you  
would like to tell the  
person who died?

What is your  
favorite memory?

What is something that  
you will miss the most  
about that person?

If you could, what is one  
thing you would ask the  
person who died?

How do you feel?

Draw or write about  
your favorite memory.

# Memory Hearts

## Directions:

1. Color and decorate 2 or 3 hearts.
2. For 2 hearts glue them together and add a string to hang.
3. For 3 hearts. Fold each heart in half with colored side folded together. *See picture 1.*
4. Glue one blank side of the heart to a side of another heart. *See picture 2.*
5. Repeat with the other heart. Until you have a 3 sided heart shape. *See picture 3.*
6. Hole punch the top and add string to hang. *See picture 4.*



Picture 1



Picture 2



Picture 3



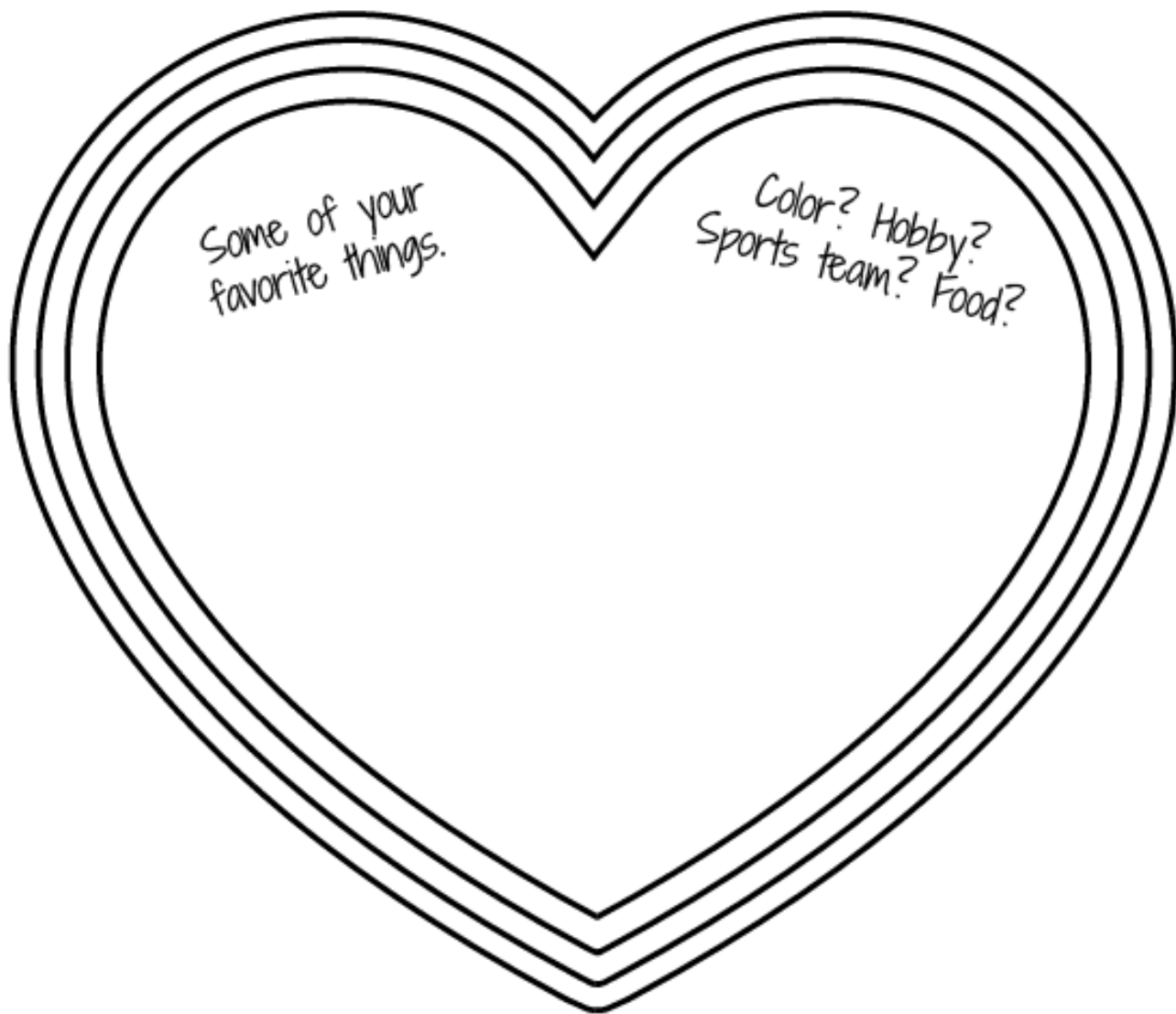
Picture 4





The thing I will miss the most...











# Memory Bracelets

**Make a memory bracelet to carry your loved one with you.**

- 1 bead for your favorite color.
- 1 bead for your loved one's favorite color.
- 1 bead for your loved one's eye color.
- 1 bead for your loved one's hair color.
- 1 bead for the month your loved one was born.
- 1 bead for your loved one's favorite season.
- 1 bead for your loved one's favorite holiday.
- 1 bead for your loved one's favorite activity or sports team.
- 3 beads for 3 favorite memories you will never forget.

## **Directions:**

1. Use string, pipe cleaner, or elastic.
2. Tie a knot on one end.
3. Add beads following the steps above.
4. Tie together to your arm and wear it proudly.
5. Share with others what each bead stands for.

# Journal Writing

Favorite memories, feelings, ideas, thoughts. Keep them in a safe place in your grief journal. Spend time each day or week or when you are feeling sad to write your thoughts and feelings. You can also write favorite memories you think of or write/draw about what you think your loved one might be doing right now. There are four different types of papers for different writers/drawers.

# My Journal

In memory of: \_\_\_\_\_

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

Handwriting practice lines consisting of four sets of three horizontal lines (top solid, middle dashed, bottom solid).

A large empty rectangular box for drawing or writing.

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

Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for letter formation.

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

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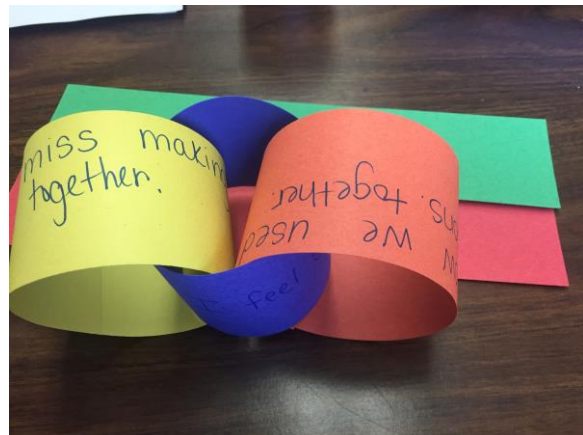
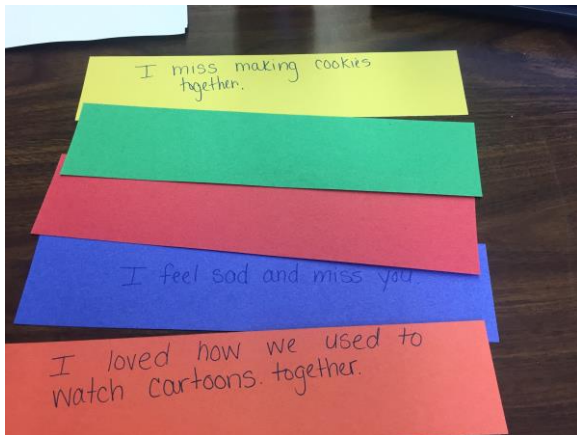
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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Connection Chain

Cut out strips of paper. Write a feeling, thought, or memory of your loved one or pet. Connect them together. Keep adding to them each day or each time you think of something.

This could be an independent activity or in a group support group where everyone adds to one large chain.





# Storm of Joy

How did the Queen feel when she lost the prince? How do you know?

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Connection: Have you ever been sad? Draw a picture of a time you felt sad like the Queen.



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What was the lesson or moral of the story?

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# Storm of Joy

Draw or write what happened in the beginning, middle, end of the story.



Beginning



Middle



End





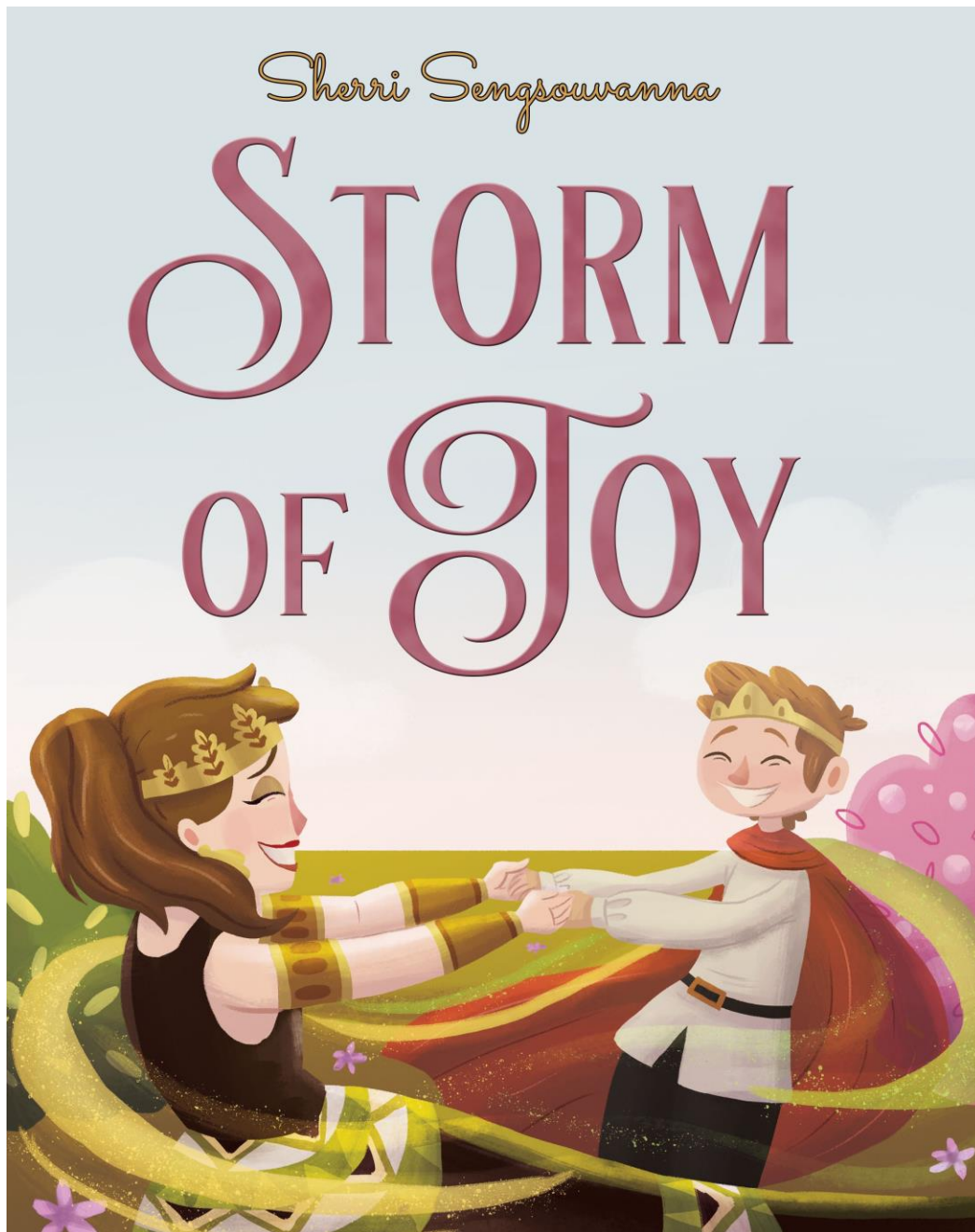
Characters

Setting

Problem

Solution





Author Site: [Sherri Sengvousanna](http://www.sherri-sengsouwanna.com)

Purchase from: [Amazon](https://www.amazon.com/dp/B000APR000)

Purchase from: [Barnes and Noble](https://www.barnesandnoble.com/w/storm-of-joy-sherri-sengsouwanna/9780312345678)