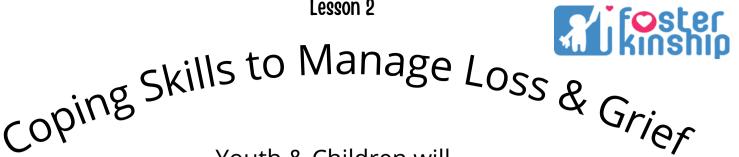
Lesson 2



Youth & Children will...

- 1. Differentiate between the types of loses
- 2. Understand what grief and adaptability are and their importance
- 3. Learn coping and problem solving skills
- Understand the feelings of grief 4.

## In Today's Class We

We watched Inside Out to describe Riley's emotions, the losses she experienced, and her different coping skills. Then, in our resilience handbooks answered the question "How can I cope with loss?"

## Activities To Do at Home

- Normalize the different kind of losses
- Encourage your child to journal their thoughts & Feelings
- Read "<u>The Memory Box</u>"





