

Coping Skills to Manage Loss & Grief

Youth & Children will...

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

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 "The Memory Box"

Coping with Grief

https://www.youtube.com/watch?v=v0ZX7ErBm_U

