

An tSraith Shóisearach do Mhúinteoirí Junior CYCLE for teachers

## **Student Worksheet – Class 2 – Grief as a process**

## **Stages of Loss & Grief**

Elizabeth Kubler-Ross identified 5 stages of the process of grief as Denial, Anger, Depression, Bargaining and Acceptance



Watch the video clip and write down suggestions the speaker makes about what might help people to cope during the various stages of grief.

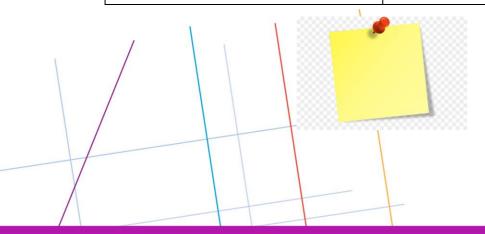






Photo taken from YouTube

What are the experiences in Meghan's life that gave her a sense of loss/grief?	What coping strategies does she mention worked for her?



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**Reflection Sheet** 

