

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.

Suggestions –

Video Clip - Meghan Scully at Zeminar – ‘My journey through loss & 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?



Reflection Sheet

<p>3 things I learned today</p> 	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>3 things I am grateful for today</p> 	<ul style="list-style-type: none">• I am grateful for...• I am grateful for...• I am grateful for...
<p>3 reasons to smile today</p>	 _____
	 _____
	 _____