

Topic: Grief during COVID-19

1. Discuss: Have you ever lost a loved one before? It can be very hard. Things are even more confusing now during the COVID-19 pandemic.
2. Go through "Grief During COVID-19" presentation
3. Review the "5 Stages of Grief" PDF
 - a. Discuss: Have you ever felt these emotions before?
 - b. Discuss: Have you ever talked to someone about these feelings?
4. Do "Coping Skills I-Spy"
 - a. Count all the different ways to cope with grief and discuss each one
5. Do "Finding the Bright Side" worksheet (on a separate sheet of paper or just discuss)
 - a. Discuss: When you are upset, what things make you feel better?
6. Review "Emotional Temperature" document
 - a. Discuss: How are you feeling right now? It is normal to feel more than one emotion at a time/
7. Do Exit Card