<http://www.counselorup.com/blog/inside-out-a-journey-of-grief>

A journey inside grief

Inside Out Grief Group Highlights:

Inside Out Memory Projector www.counselorup.com

Students can introduce themselves and the person they lost using Inside Out's Memory Projector.

Grief Group Outline

Session 1: Intro

Watch Inside Out Official Trailer.

o Get to know each other M&M Game

o Memory Projector printable-draw a picture of the person that you lost, introduce them to your group. Color the circle with the color that corresponds with how you are feeling today (see Feelings Poster)

Session 2: Understanding Grief

Watch Pizza Place Trailer

o Define Grief: Intense sorrow caused by loss of a loved one (especially by death)

o Yes/No flip Cards for characteristics of grief. Read card and students can flip their thumbs up or thumbs down card to agree or disagree that they have experienced that characteristic of grief.

Session 3: Understanding Your Emotions

Watch Feelings Intros

o Draw 5 circles on the board: students share a time they felt each of the 5 feelings (anger, fear, sadness, disgust, joy)

o Memory Bank –draw a memory in each circle, color with corresponding feeling color

Session 4: Honoring Your Memories

Watch Riley's Memories

o Share memories of their loved one with the group, may bring in items or photos to share

o Continue to work on the memory bank-Can add multiple pages to create a memory book

Session 5: Support Network

Watch Just Like Joy

o Crayon example: Show students a crayon and say that when stress happens, it puts pressure on you. Break the crayon. You need a support network to help you stand the pressure. Tape crayon to a popsicle stick or pencil. Try to break (won’t break).

o Does Riley push away her support when she’s feeling sad?

o Who are your support people activity (included)

o Optional Game: Kerplunk

Session 6: Coping Strategies

Watch Put Sadness in a Circle

o In the movie, Riley tries to put sadness in a circle and tells her not to come out. Does this work? What happens?

o It’s OK to feel your feelings. When you try to keep your uncomfortable feelings away, they start to spread. (Joy and Sadness get lost in the movie)

o Coping strategies memory game. When you are ready to feel joy again try these ideas!

I am so excited about this group! You can find many great clips of the Inside Out movie on Pixar's Youtube channel or you can purchase the DVD - I am sure it would get lots of use!