

Activity 6 I Am Compassionate



Procedure:

- Ask a student to read the top of Activity 6.
- Ask students to define Compassion.
- Lead students to the understanding that compassion comes from their heart. It's a warm feeling of understanding that someone is hurting. We practice compassion when we take the time to listen to someone tell about their hurt.
- Ask different students to read the statements listed on the page.
- Start with any student, and ask them to speak one of the sayings to the person on his/her right. Do this so each student gets a chance to speak.
- Students can also make up their own statements of compassion to speak to one another.

What can you say to someone who has lost a loved one? You can speak WORDS OF COMPASSION



"Your _____ loved you a lot. I know you're going to miss her. I bet you have lots of great memories about her."

"I'm sorry to hear about the death of _____.
You must miss him very much."



"I know you feel really sad about _____ dying.
It's okay to feel sad and upset about it."

"I'm sorry to hear about the death of your _____.
I guess this is a hard time for you."



"I feel sad to hear about the death of your _____.
I'm here if you need someone to talk to."

Activity 10 Outside/Inside



Procedure:

- Ask one student to read the top of Activity 10.
- Tell students to draw and/or write words on the figures.
- Students may want to refer to the list of grief expressions that are listed on their poster.
- When completed, ask students to share.
- This can open a discussion on how we hide our feelings when we are grieving.

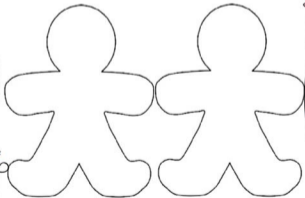
Do other people in your life know how you are really feeling?

Does the outside you (what people see) match how you feel inside?

Sometimes when we grieve, we feel like we're wearing a mask. That's okay.

OUTSIDE ME

INSIDE ME

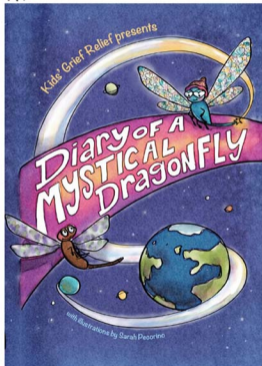


Activity 18-1 to 18-7
Diary of A Mystical Dragonfly



Procedure:

- Show students soft bound copy of *Diary of A Mystical Dragonfly*. Tell them you will be reading the book to them, one chapter at a time. Direct students to A-18 in *Mystie's Activites*, which shows the cover of the book.
- Tell the students the story is about life and death. The main character of the story is a dragonfly from another planet, who enthusiastically travels to earth, only to be devastated by the death of a new found friend.
- There are seven chapters in the book. The students have a title page and picture for each chapter. (pgs.18-1 to 18-7) Under each picture are written statements.



Activity 18-1 to 18-7

Diary of A Mystical Dragonfly continued

After a chapter is read aloud, invite the students to silently read each statement from the coresponding chapter, in Mystic's Activities. Students are instructed to use a 1 to 5 scale, 1 meaning they completely agree with the statement, and 5 meaning they completely disagree. After all students have completed their rating from a chapter, invite students to share their numbers.



Chapter Six

What Grandpa Was Talking About



Rate Yourself:

- I am shocked/surprised at how I feel since the death of _____.
(1-5)
- I am grieving the way I need to grieve. _____
(2-5)
- This is the hardest thing I've ever experienced. _____
(1-5)
- I know I will eventually feel better. _____
(2-5)
- The only thing I can change in life is myself. _____
(2-5)
- I feel capable of handling all the experiences that occur in my life. _____
(1-5)
- I like who I am. _____
(1-5)

Activities 22A-B Affirmations



Procedure:

- Ask one student to read the top of Activity 22A, and another student to read the bottom.
- Direct students to silently read the listed affirmations on Activity 22 B.
- Next ask each student to speak aloud their two favorite affirmations from the list.
- Tell students that whenever they catch themselves thinking a "trash thought" they can replace it with an affirming thought.
- Tell students that for affirmations to really help them with their grief, it's important for them to repeat the words to themselves.

1. I am brave.
2. I am smart enough to understand what happened.
3. It feels good to talk to others about what happened.
4. I have my own unique feelings about death.
5. I have special memories of _____ that I will always treasure.
6. I like who I am.
7. I am grateful for all the people who love me.
8. I am a powerful teen!
9. I can find healthy ways to let go of anger.
10. I am Capable to handle what's going on in my life.
11. I Choose relationships with people who appreciate me for who I am.

Activity 27 Forever Calendar



Procedure:

- When all candles are lit, and each student has had the opportunity to read their letters, read together, *Forever Calendar* on Activity 27.
- Ask students if there is anything else they would like to say before the candle is turned off.
- As the students turn off their candle, remind them to keep the candle as a special remembrance of their loved one.

FOREVER CALENDAR

January	February	March
Su Mo Tu We Th Fr Sa	Su Mo Tu We Th Fr Sa	Su Mo Tu We Th Fr Sa
1 2 3 4 5 6	1 2 3 4 5 6	1 2 3
8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10
15 16 17 18 19 20 21	14 15 16 17 18 19 20 21	11 12 13 14 15 16 17
22 23 24 25 26 27 28	22 23 24 25 26 27 28	18 19 20 21 22 23 24
29 30 31	29 30 31	25 26 27 28 29 30 31
April		June
Su Mo Tu We Th Fr Sa	Su Mo Tu We Th Fr Sa	Su Mo Tu We Th Fr Sa
1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2
8 9 10 11 12 13	8 9 10 11 12 13	5 6 7 8 9
15 16 17 18 19 20	14 15 16 17 18 19 20	12 13 14 15 16
22 23 24 25 26 27	21 22 23 24 25 26 27	19 20 21 22 23 24
29 30	27 28 29 30 31	26 27 28 29 30
July		September
Su Mo Tu We Th Fr Sa	Su Mo Tu We Th Fr Sa	Su Mo Tu We Th Fr Sa
1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7 8
8 9 10 11 12 13 14	8 9 10 11 12 13 14	9 10 11 12 13 14 15
15 16 17 18 19 20	15 16 17 18 19 20	16 17 18 19 20 21 22
22 23 24 25 26 27	22 23 24 25 26 27	23 24 25 26 27 28 29
29 30 31	29 30 31	30
October	November	December
Su Mo Tu We Th Fr Sa	Su Mo Tu We Th Fr Sa	Su Mo Tu We Th Fr Sa
1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7 8
8 9 10 11 12 13 14	8 9 10 11 12 13 14	9 10 11 12 13 14 15
15 16 17 18 19 20	15 16 17 18 19 20	16 17 18 19 20 21 22
22 23 24 25 26 27	22 23 24 25 26 27	23 24 25 26 27 28 29
29 30 31	29 30 31	30 31
<p>As the days turn into weeks, turn into months, turn into seasons, turn into years, We Love them; Forever.</p>		