

# Grieving/Death

## Summary

This lesson discusses the stages of grieving and reactions to death. This is part of the Crisis Management Unit (CM).

## Time Frame

1 class periods of 70 minutes each

## Materials

"Terms Associated with Death" and "Obituary/Eulogy" are part of the Curriculum Guide. \*Note: The Rape Myths key (from the Sexual Violations lesson) is part of the presentation.

## Background for Teachers

The textbook used is, "Strengthening Family and Self" published by Goodheart-Willcox.

## Intended Learning Outcomes

Explain the grieving process and interpret ways to develop a positive adjustment to loss. STAGES OF GRIEF: stages of grief: denial, anger, bargaining, depression, and acceptance; common physical reactions to grief: a lack of appetite, numbness, an inability to sleep, etc.; the stages of grief apply to a loss of any kind; the feelings associated with the stages of grief are normal. WAYS OF DEALING WITH DEATH OR OTHER LOSS: today, death is generally more removed from daily living and discussions.

## Instructional Procedures

Journal, Text, Rape Myths (review), Reactions to Death, Mourning, Video clips: My Life and Step Mom, and Internet quiz and unit review.

## Authors

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