Teen Grief Response Steps

Safety. Name. Feel. Sort. Support. Bond. Oscillate. School. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Name the loss

Who or what. When.
What changed.

3. Feelings + body

Sad, angry, numb,
mixed. Note sleep.

4. Grief / depression

Educational check. Not
a diagnosis.

5. Map support

Two safe adults.
Places that help.

6. Continuing bond

Letter, ritual, value.
Optional.

7. Dual process breaks

Face loss AND take
restoration time.

8. School + digital

Who to tell. Hard-day
plan. Posts.

9. Log and bridge

Log practice. Bridge
to safety tools.

Tip: grief is not a timed checklist. Waves and delayed grief are common for teens.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Prefer a safety plan in acute crisis.

Original layout by Lotus & Tulip, based on teen grief skill practice. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/grief-activities-for-teens.html

My Grief Plan

Name the loss. Map support. Bond. Oscillate. School next step.

Name: _____ **Date:** _____

The loss (who or what, when, what changed):

_____

Type (circle): person / pet / friendship / other: _____

Feelings + body cues today:

_____

Support map (people, school adults, places that help):

_____

_____

Continuing bond or memorial (optional):

_____

_____

Dual process plan (circle what fits this week):

1. Loss-facing time (journal, talk, ritual)
2. Restoration time (school, sport, rest, friends)
3. School ask / digital boundary: _____

Chosen plan + check-back time:

_____

Trusted adult I will update:

_____

Original layout by Lotus & Tulip, based on teen grief skill practice. A practice tool, not therapy.

Grief Practice Log

Seven days of name, support, bond, and restoration moves.

Name: _____ **Date:** _____

Day / date	Loss wave / cue	Move used	What helped	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Loss: _____ Adult I tell: _____

Safety · Name · Feel · Support · Bond · Oscillate · School · Log

Grief is not a timed checklist. Take restoration breaks too.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

Original layout by Lotus & Tulip, based on teen grief skill practice. A practice tool, not therapy.

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Grief Group Curriculum for Students

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607791040 | instant digital download

See every page first: lotustulip.com/grief-group-curriculum-for-students.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.