

Name _____



Healing Choices

Directions: Read each short scenario carefully. Choose the best answer (A, B, C, or D) that shows a healthy way to cope with loss.

1. Mia's grandmother recently passed away, and she feels very sad. What could Mia do to help herself feel a little better?
 - A. Pretend nothing happened and never talk about it
 - B. Stay alone in her room and refuse to eat
 - C. Get angry at her friends for asking how she's doing
 - D. Talk to her mom about her feelings and look at old pictures together
2. Jordan lost his pet fish, Bubbles. What is a healthy way for him to cope?
 - A. Throw away the fish tank and never mention Bubbles again
 - B. Remember fun moments and draw a picture of Bubbles to keep
 - C. Blame himself for the fish dying
 - D. Say mean things to his parents when they try to comfort him
3. Sasha misses her best friend who moved to another state. What should she do?
 - A. Write her friend a letter or send a message to stay in touch
 - B. Ignore her feelings and pretend she doesn't care
 - C. Stop talking to her new classmates
 - D. Tell herself she'll never have friends again
4. Diego feels lonely after his basketball coach left the team. What could help him?
 - A. Quit the team and stop playing basketball
 - B. Complain to everyone but never express what he really feels
 - C. Talk to a new coach or teammate about what he misses
 - D. Tell himself he shouldn't care about anyone anymore