

Name \_\_\_\_\_

## Lessons In Healing Answer Key

Teachers may give the following writing tips to students:

- Write in complete sentences and aim for at least three paragraphs.
- Begin with an introduction that explains your loss and emotions.
- In the middle, describe your coping process and how you grew from the experience.
- End with a reflection on what you learned about healing and resilience.

### Guidelines for grading:

- Student clearly identifies a specific loss and describes their emotional reaction.
- Student explains coping methods or sources of support (people, routines, faith, or self-expression).
- Student reflects on personal growth, understanding, or lessons learned.
- Essay demonstrates emotional insight, self-awareness, and a sense of hope or acceptance.

### Teacher's Guide:

- **Differentiation Tips:** Allow students who struggle with written expression to share orally or through audio recordings. Provide sentence starters such as "I felt...," "What helped me was...," and "This experience taught me...."
- **Engagement Idea:** Begin with a brief class discussion about healthy ways to cope with loss. Encourage empathy by emphasizing that everyone's healing process is unique.
- **Extension Activity:** Ask students to turn their essay into a creative project such as a poem, artwork, or letter to their past self reflecting on their growth.
- **Support Strategy:** Create a calm, private atmosphere for writing. Remind students they only need to share what they feel comfortable with. Offer check-ins for students who may become emotional during the activity.