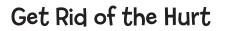
## Get Rid of the Hurt

### A Book About Grieving



Children illustrations by David L. Brehm



Softcover ISBN: 978-1-57543-152-9

#### REPRINTED 2010, 2014 COPYRIGHT © 2007 MAR\*CO PRODUCTS, INC.

Published by Mar\*co Products, Inc. 1443 Old York Road Warminster, PA 18974 1-800-448-2197 www.marcoproducts.com



**PERMISSION TO REPRODUCE:** The purchaser may reproduce the student workbook pages and handouts free and without special permission, for participant use for a particular group or class. Reproduction of these materials for colleagues, an entire school or school system, or for commercial sale is strictly prohibited.

ALL RIGHTS RESERVED. This book is protected by copyright. Except as provided above, no part of this book may be reproduced or transmitted in whole or in part in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system without permission in writing by the publisher.

**PUBLISHER'S NOTE:** This publication is sold with the understanding that the publisher is not engaged in rendering psychological or other professional services. If expert assistance or counseling is needed, the services of a competent professional should be sought. Care has been taken to confirm the accuracy of the information presented and to describe generally accepted practices. However, the author, editors, and publisher are not responsible for errors or omissions or for any consequences from application of the information in this book and make no warranty, express or implied, with respect to the contents of the publication. Mar\*co Products, Inc. is not responsible for the content of websites referenced in our publications. At the time of this book's publication (2007), all facts and figures cited are the most current available. If you find an error, please contact Mar\*co Products, Inc.

References to the ASCA Standards in this book courtesy of: American School Counselor Association (2004). ASCA National Standards for Students. Alexandria, VA. Copyright 2004 by the American School Counselor Association

To purchase additional copies of this book or request a catalog, call our customer service department at 1-800-448-2197.



### Introduction

The loss of a loved one evokes some of our most powerful emotions. The intensity of grief cuts into our hearts. We might like to get rid of the pain, but the hurt won't heal unless we pay attention to it. *Get Rid of the Hurt* was written to help children find ways to grieve.

Grief is a way to praise and honor the one who has died. Grief helps us take a new look at the future and what our lives will be like without our loved one. All our emotions help us accomplish that, whether we shed tears openly or more quietly, express anger, fear, or physical exhaustion. There are no right or wrong ways to grieve.

Loss may have destroyed—or at least changed—the balance of your life. Don't worry if you feel sad or scared. You're doing the work of grieving and learning to face life in a new way. Grief can't be rushed and can't be fit into a time frame or schedule. The closer you were to the person who has died, the harder it will be to put your grief to rest.

We wrote *Get Rid of the Hurt* to help you through your sorrow. Grief hurts, but grieving helps us stay physically and emotionally healthy. Grieving will help you discover your own potential and prepare you to pursue your future. Grieve in whatever way feels right to you: Draw, cry, sleep, play games, write, or do whatever makes you feel stronger and more at peace. Then do it over and over again. You'll get rid of the hurt, but you won't lose the love.

### How to Use "Get Rid of the Hurt"

Get Rid of the Hurt can be used in small-group counseling, individual counseling, or classroom guidance classes. Every child experiences some level of loss. It might be through divorce; the death of a family member, friend, or pet; an accident or fire; unemployment; or the loss or theft of an opportunity or a possession. Everyone experiences some level of pain.

Read this book slowly. Give the children time to process each part. Let the children be your guides as you read. Wait for them to tell you to turn each page. Some pages will be easy for them to hear. Take time with the pages on which the children are doing the work of grieving. Let the children share their experiences and feelings. Doing so helps them get rid of some of the hurt. It takes time for children to look at how life has changed and to get used to the idea that the life they knew has ended. Have paper on hand in case the children want to draw. Be ready if they want to take a walk or play a game. Stand next to a child who needs to cry, offering comfort and support. Find a safe place for the children to cry or release their anger. We are the children's guides, but we must let them lead the way. Children will want to read some pages over and over. There are some pages you'll have to read only once, because the children have completed their grieving work in the areas those pages describe. Don't be afraid to ask, "Is this a grieving day?" as you begin a group. And don't be surprised if you can sometimes answer that question without asking it. There will be days when the answer will be evident in how the children look or behave or in what they say. Don't be afraid to share your own grief. Children will learn that grief comes to all of us and that we all have to learn ways to get rid of the hurt.

THE FOLLOWING SAMPLES ARE REPRODUCIBLE/PRINTABLE PAGES INCLUDED ON THE CD-ROM

# © Marico

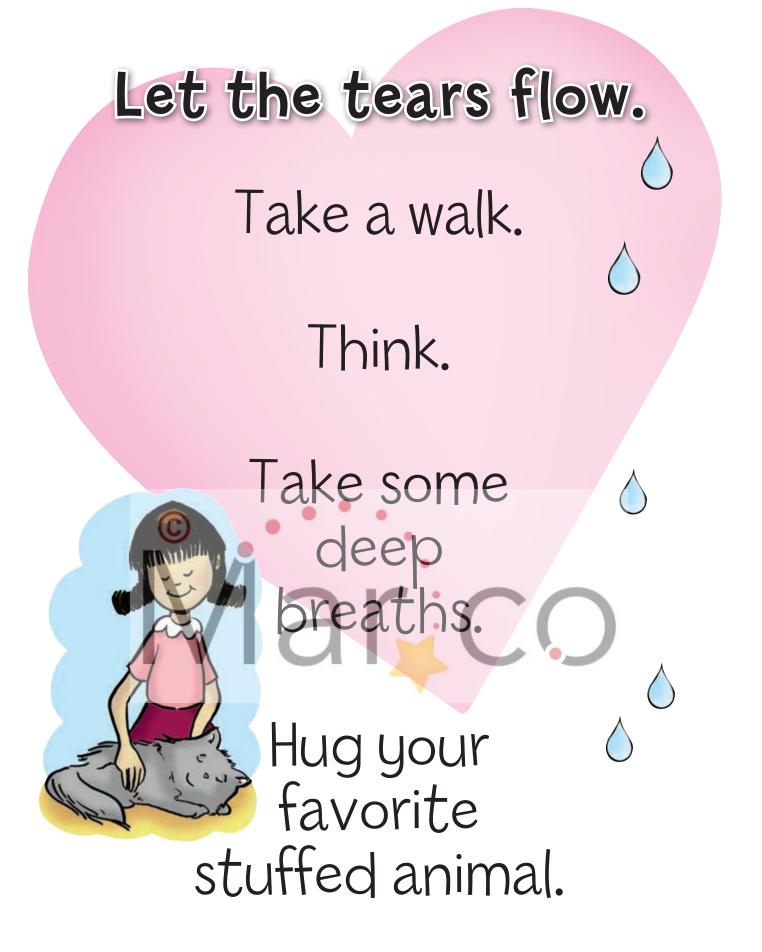


When you lose someone you love, you feel sad. Grieving is whatever you do to express the pain.

> Circle each of the ways you let your pain out. Add any others that are not on the page.



**3** GET RID OF THE HURT © 2007 MAR\*CO PRODUCTS, INC. 1.800.448.2197



Practice saying aloud the **FEELING** words, then complete the following sentences:



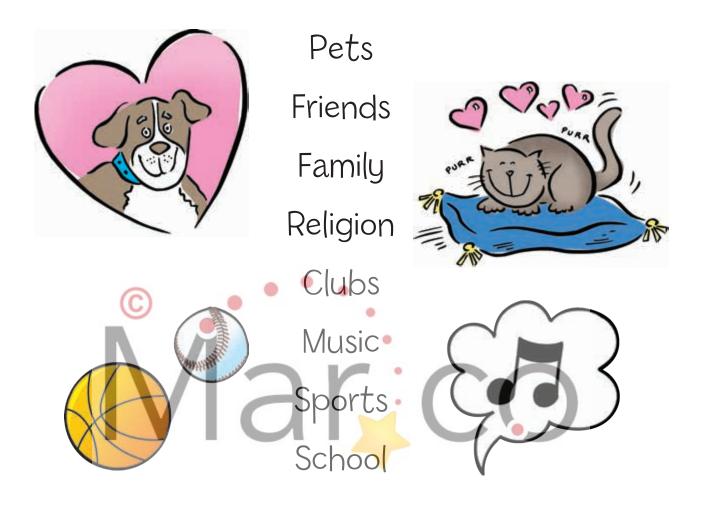
## You may think:

My life will be different. People will treat me differently. I will be left out. I will have no future. I can't concentrate on my schoolwork.



### What will help you get on with your life?

Circle each thing that will help you get on with your life. Add anything that is not listed below.



### Send some good wishes to your loved one!

| I hope my is having a good time.     |
|--------------------------------------|
| l hope my                            |
| l wish                               |
| Iwant                                |
| I want to say                        |
| I want to say,                       |
| I love<br>you<br>and<br>miss<br>you. |

Your loved one is not with you physically,

but he or she can be in your thoughts wherever you go.

You can always talk or write to your loved one.

In fact, now is a good time to write in your diary what you would like to say to your loved one.

Dear \_\_\_\_\_, . 0 Love you,



# Things will get better!