



HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

Learning about Bereavement, Loss and Grief

PSHE Lessons

P6

Lesson Plans



WINSTON'S
WISH **WW**

Giving hope to grieving children

With thanks to Winston's Wish

P6 Lesson 1: Learn

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 1 st of 3 lessons for P6 pupils on loss, grief and bereavement. Some of the themes in this lesson may be upsetting for some pupils and careful consideration of those pupils who may need support prior to, during and after the lesson will be helpful.
Learning Outcomes	<p>Exploring the nature of loss and grief and building our skills in understanding loss and grief, looking after ourselves and others after a loss.</p> <p>So that...</p> <ul style="list-style-type: none">• I can identify life spans of living things• I can name some of the feelings that someone might have when someone dies
Introduction to the lesson, signposting to support, ground rules and learning outcomes	<p>Introduction</p> <p>Set the lesson up by acknowledging the content may be difficult for some and by reminding pupils that they can talk to you if they find it difficult. The lesson will include feelings related to loss, it will introduce the concept of death and grief and how people might cope with these feelings. Tell pupils that the lesson will not be asking them to share personal experiences although they may safely use their experience to contribute to the activities.</p> <p>Take thoughts from pupils about why they think this learning is important and discuss the learning outcomes.</p> <ul style="list-style-type: none">• I can identify life spans of living things• I can name some of the feelings that someone might have when someone dies <p>Ground rules</p> <p>In best practice these will be developed by the class. Examples are provided.</p>
Discussion about change and loss	<p>Start the topic by introducing the idea of change and loss being a part of life, something we all experience and will affect different areas of our lives. Ask the children to think of things that change in people's lives and where they might experience loss. Encourage them to think about good change too e.g. changing seasons, excitement of a new house or new school.</p> <p>The focus of these lessons is the loss associated with a death. The feelings and coping strategies for all types of loss are often very similar but through these lessons we will focus on the bereavement and grief.</p>

<p>Life Span</p>	<p>Every living thing has a life span which means it will at some point die. Some things live longer than others. See if the children can guess the life span of these living things:</p> <ul style="list-style-type: none"> • Chickens – up to 25 years! • Mosquitos – females up to 100 days (males 10-20 days!) • Flowers – cut can last 7-10 days • Yorkshire Terriers – 12-15 years • Mice – 2 years • Sea Turtles – 152 years! • Cactus – up to 150 years! • Humans – around 80 years (UK) <p>Life span depends on many different factors. Pick some of the animals above and ask the children to think about what might extend or shorten their life span:</p> <ul style="list-style-type: none"> • Access to food • Predators • How well they are looked after • Illness or disease • Lifestyle (humans) – explore this further in terms of what is a healthy lifestyle <p>Life and Death</p> <p>Explore some of these themes:</p> <ul style="list-style-type: none"> • All living things have a life span which means they will die at some point • How do we know when a flower has died? • How do we know when an animal has died? • When an animal or person dies their heart stops beating, they stop breathing, they can't speak or feel pain. <p>When someone dies it is very sad. This is called a bereavement Grief (or grieving) is the word we use to describe all the feelings we have when someone dies.</p> <p>When someone dies we also feel a sense of loss and the feelings can be very similar to when we experience loss and change but they will also be much more painful and last longer. The children might want to at this point talk about a pet or someone they know that died.</p> <p>Explore the idea that it's important to talk about loss as otherwise it can be hard for people to know how to manage the feelings associated with loss.</p>
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<p>Growing our understanding of the feelings of grief and loss</p>	<p><u>Sad Book - FulcoLibrary's DEAR - YouTube</u></p> <p>Use the link to listen the book – Michael Rosen’s Sad Book or read the book yourself.</p> <p>Tell the pupils that he book includes descriptions of the loss through death of important, loved family members. The author describes a range of feelings. The book has suggestions about how to handle feelings of sadness and grief. You might feel strong feelings too and that is ok. It is OK to ask for help or ask questions.</p> <p>After listening to the book, check the pupils are ok and ask them to think about:</p> <ul style="list-style-type: none"> • How did the book make you feel? • What would you say about the book to someone who has not read it? • Can you identify positive things in the book? • Was there anything that surprised you in the book? • Who would you recommend the book to? <p>Explore: When someone close to us dies we are likely to feel lots of different emotions. Michael described some feelings he had as part of his grief. Can you remember or think of any? Highlight - All of these emotions are normal and ok to feel</p> <p>Understanding Grief</p> <p>We now understand that grief can stay with us for a very long time but over time as we experience new things and new joy, the grief takes up less space in our lives. The grief doesn’t get small but our lives get bigger.</p> <p>What Can Help?</p> <p>Michael talks about the strategies he uses to help him cope and manage these feelings. Which ones can you remember?</p> <ul style="list-style-type: none"> • Banging a spoon on the table • Shouting in the shower • Writing about feelings • Talking to others • Being alone • Doing something that feels good every day • Lighting a candle • Looking at photos and remembering • Thinking of something to be proud about every day <p>Can you add any of your own?</p>
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Recap the Learning

Check the childrens' understanding. Check they are all ok and that they know they can come to you – find out who they would choose to talk to. It might help to play a quick round of a favourite game to finish the session.