



# 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 2: Explore

### Detailed Lesson Plan

Lesson 1	Learn
<b>Introduction</b>	This is the 2 <sup>nd</sup> 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.
<b>Learning Outcomes</b>	<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"> <li>I can focus on good memories as a way of helping me manage feelings of grief</li> </ul>
<b>Recap</b>	<p>Recap the ground rules to keep everyone safe</p> <p>Recap the learning from the 'Learn session'</p>
<b>I Remember Poem</b>	<p>Start the session by asking the pupils:</p> <ul style="list-style-type: none"> <li>Do they have any early memories from being a small child?</li> <li>Do they have a first memory?</li> <li>Why are memories important?</li> </ul> <p>Memories can be good or bad – they help shape who we are</p> <p>Read 'I Remember'</p> <p><i>Brainard, J. (2007). I remember. In Collum, J., &amp; Noethe, S., Poetry Everywhere: Teaching poetry writing in school and in the community(pp. 105-110). NY: Teachers &amp; Writers Collaborative</i></p> <p>I remember the only time I ever saw my mother cry. I was eating apricot pie.  I remember how much I used to stutter.  I remember the first time I saw television. Lucille Ball was taking ballet lessons.  I remember Aunt Cleora who lived in Hollywood. Every year for Christmas she sent my brother and ma a joint present of one book.  I remember a very poor boy who had to wear his sister"s blouses to school.  I remember shower curtains with angel fish on them.  I remember very old people when I was very young. Their houses smelled funny.  I remember daydreams of being a singer all alone on a big stage with not scenery, just one spotlight on me, singing my heart out, and moving my audience to total tears of love and affection  I remember waking up somewhere once and there was a horse staring me in the face.  I remember saying "thank you" in reply to "thank you" and then the other person doesn"t know what to say.</p>

	<p>I remember how embarrassed I was when other children cried.  I remember one very hot summer day I put ice cubes in my aquarium and all the fish died  I remember not understanding why people on the other side of the world didn't fall off.</p> <p>Ask the children what they liked or didn't like? Was it funny or sad? How did it make the feel?</p> <p>Why would we be talking about remembering in a lesson about death?  Encourage and explore these ideas:</p> <ul style="list-style-type: none"> <li>Remembering the good times we had with someone who has died is important: <ul style="list-style-type: none"> <li>It helps us to remember them</li> <li>It helps to manage feelings of sadness</li> <li>Remembering good times makes us feel good</li> <li>You don't need to be grieving to think about good times you've had with someone</li> </ul> </li> </ul> <p><b>Creative Activity</b></p> <ul style="list-style-type: none"> <li>Think about a person, pet or place you have good memories of and write your own poem (the person or pet may still be alive)</li> <li>If you would prefer, you could make your poem about lots of different things you remember just like the one we read</li> <li>If they would like to they could read it aloud to the class or display their work</li> </ul>
<b>Recap the Learning</b>	<p>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.</p>