



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 3: Grow

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 3 rd 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 try out a new way of managing difficult emotions, being grateful and focusing on positive things
Recap	Recap the learning from the 'Learn' and 'Explore' sessions
Three good things	<p>Michael Rosen talks about thinking about something positive that has happened each day as part of his coping strategy.</p> <p>Scientists have found out that feeling grateful can help us to grow our well-being and feel happier.</p> <p>Ask the pupils to think about 3 things they are grateful for today:</p> <ul style="list-style-type: none">• Have your own 3 things ready to model• They do not need to be things that have happened today - they can be from anytime• Use this opportunity to allow pupils to be creative – they could create their own gratitude poster, a gratitude jar, a whole class display using pictures, photos, slogans
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.