



HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

Learning about Bereavement, Loss and Grief

PSHE Lessons

P7

Lesson Plans



WINSTON'S
WISH **WW**

Giving hope to grieving children

With thanks to Winston's Wish

P7 Lesson 1: Learn

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 1 st of 3 lessons for P7 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 name some of the feelings that someone might have when someone dies • I can identify key themes related to loss and grief
Introduction to the lesson, signposting to support, ground rules and learning outcomes	<p>Introduction 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 name some of the feelings that someone might have when someone dies • I can identify key themes related to loss and grief <p>Ground rules 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>Acknowledge that P7 is a big year of change – often change can involve or feel like a loss</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>

Life and Death	<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 and grief.</p>
Growing our understanding of the feelings of grief and loss	<p>Favorite Pixar's Up scene ever - Ellie and Carl's relationship through time, Sad scene - YouTube</p> <p>Watch the film clip from Up.</p> <p>Explore: How did the clip make you feel? Many movies and books explore the theme of death and loss Why do you think it is important to think about and talk about death and grief?</p> <p>Understanding Feelings of Grief and Loss When someone close to us dies we are likely to feel lots of different emotions What emotions did you see in the clip? Can you think of any others? What about positive emotions? 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>
When People Die	This activity will continue into lesson 2.

Group Project	<p>Use the following links to prepare a group project on the topic of death and grief. This can take any format the group choose but should aim to cover at least 3 of the following questions:</p> <ol style="list-style-type: none"> 1. What different feelings are involved in grief? 2. How and why should adults talk to children about death and grief? 3. What are some helpful and unhelpful ways to respond to someone who is grieving? 4. What might grieving young people need? 5. What are some good strategies for coping with feelings of grief? 6. How can you help a friend who is grieving? What could you say or do? <p>There are a variety of sources the pupils can use including:</p> <p>https://discovery.dundee.ac.uk/ws/portalfiles/portal/40776533/Comics_Bereavement_Final_a_.pdf</p> <p>https://www.childbereavementuk.org/</p> <p>https://www.winstonswish.org/</p>
Recap the Learning	<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>