



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 2: Explore

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 2 nd 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
Recap	<p>Recap that 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</p>
When People Die Group Project	<p>Continue Group project.</p> <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> <p>If possible allow the pupils to present their projects or display in the class or school.</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>