



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

P6 Lesson 3: Grow

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 3 rd 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 express a variety of themes related to loss and grief• I can try out new ways of managing emotions
Recap	<p>Recap the learning from the 'Learn' and 'Explore' sessions</p> <p>Groups can present their projects.</p>
Loss, Change and Grief	<p>Remember the feelings related to loss, grief and change are very similar That means the strategies you have been researching to help with grief can also help with loss and change such as the move to high school It's important to try out and practice a range of strategies This session we will try out some breathing techniques</p> <p>Hand Breathing Using one finger trace over the fingers on the other hand with the palm facing towards you. As you trace up the finger breathe in, and breathe out as you trace down the finger Trace from thumb to pinky and back again</p> <p>Flower Breathing and Square Breathing These both involve imagining an image (eyes closed or open) – either a square or a flower and breathing in time with your finger as you imagine tracing the outline: Square – breathe in as you trace one side, breathe out for side 2, in for side 3 and out for side 4 (repeat x5) Flower – breathe in for petal one, out for petal 2, in for 3 and out for 4 and so on (repeat x5)</p> <p>Rainbow Breathing You need space for this one. Imagine your arms are 2 sides of a rainbow. Hold arms out wide, as you breath in bring both arms up to create the rainbow palms touching above your head, breathe out and bring arms back down - repeat x10</p>

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.