



# HEALTHIER MINDS

## EAST RENFREWSHIRE COUNCIL

**Learning about Bereavement, Loss and Grief**

**PSHE Lessons**

**P1**

**Lesson Plans**



**WINSTON'S**  
**WISH** **WW**

Giving hope to grieving children

With thanks to Winston's Wish

## P1 Lesson 1: Learn

### Detailed Lesson Plan

Lesson 1	Learn
<b>Introduction</b>	This is the 1 <sup>st</sup> of 3 lessons for P1 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 emotions, change in our lives and death.</p> <p>So that...</p> <ul style="list-style-type: none"> <li>• I can identify my emotions.</li> <li>• I can express my feelings.</li> </ul>
<b>Introduction to the lesson, signposting to support, ground rules and learning outcomes</b>	<p><b>Introduction</b></p> <p>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. 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>Introduce the topic of emotions and have a brief discussion about what different emotions we feel. Reinforce that all feelings are normal and ok to have.</p> <p><b>How can we help everyone to feel safe and valued in this lesson?</b></p> <p>Discuss how to feel safe and valued when expressing feelings. You may need to introduce or encourage ideas such as listening to each other and being kind.</p> <p>We will spend a lot of time thinking about what helps us through difficult times. Friends are important and can be a big help when we feel sad. Our friends look after us and can cheer us up.</p> <p>Take part in a class sing-a-long: <a href="https://www.fischytunes.com/video-repo/because-i-got-you/">https://www.fischytunes.com/video-repo/because-i-got-you/</a></p> <p><b>We all feel lots of emotions</b> – revisit the topic of emotions and encourage the pupils to think what has happened to them to make them feel different emotions particularly happy and sad.</p>
<b>Main Body</b>	<p><b>Activities</b></p> <p>Begin by reading 'The Paper Dolls' by Julia Donaldson with the children. You may wish to play the audiobook: <a href="https://www.youtube.com/watch?v=IbBQ4IqXT8I">https://www.youtube.com/watch?v=IbBQ4IqXT8I</a> Or <a href="https://www.youtube.com/watch?v=Q3bbTuCPjKI">https://www.youtube.com/watch?v=Q3bbTuCPjKI</a></p> <p>After you read the story, ask the children:</p> <ul style="list-style-type: none"> <li>• What adventures did the little girl and her dolls go on?</li> <li>• How does the little girl feel when her dolls get cut up?</li> <li>• Have you ever felt sad? What happened? Who or what helped you?</li> </ul>

	<ul style="list-style-type: none"> <li>● Where do the paper dolls go?</li> <li>● Can you remember what else was there?</li> <li>● A kind granny is there too. Can you think why her granny was in her memory?</li> <li>● Have you ever lost something important to you?</li> <li>● Who or what helped you?</li> </ul> <p><u>Activity 1</u></p> <p>Encourage the children to speak about their family or people close to them. Acknowledge that some members of a family may have died. Children should create their own paper dolls of people in their family or people that are close to them. Some people may not be alive but the children should still include them, if they choose to. Explain that when we include them or talk about them, this is a way of remembering.</p> <p>How to make paper dolls: <a href="https://www.youtube.com/watch?v=3xX5npCOOTQ">https://www.youtube.com/watch?v=3xX5npCOOTQ</a></p> <p>Encourage the children to talk about their paper dolls and who they are.</p>
<b>Recap the Learning</b>	<p>Check the childrens' understanding of feelings, in particular sadness. Talk about the fact that people have family members who have died.</p> <p>Check they are all ok and that they know they can come to you. Tell some jokes or play a quick round of a fun game to finish the session on a positive note.</p> <p><a href="https://www.youtube.com/watch?v=cK1LdvpplsE">https://www.youtube.com/watch?v=cK1LdvpplsE</a></p>