



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 2: Explore

Detailed Lesson Plan

Lesson 2	Explore
Introduction	This is the 2nd 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.
Learning Outcomes	Exploring emotions, change in our lives and death. So that... <ul style="list-style-type: none">• I can identify changes in my life.• I can express my feelings.
Introduction to the lesson, signposting to support, ground rules and learning outcomes	Introduction Recap how to keep everyone safe and valued Recap the learning from the 'Learn session' Encourage the children to think about special memories children have about people, places and things - if time allows they may want to draw these.
Main Body	Activities Discuss ageing, death and dying. Think about the changes in our lives as we grow older. Find out what the children know or think happens as we grow and get older. Lifecycles Discuss that all living things have a beginning and an end and lots of changes during their life. Watch the film about the butterfly lifecycle. https://www.youtube.com/watch?v=O1S8WzwLPIM <u>Activity 1</u> Introduce two class puppets, toys or characters to the children. Act out a range of scenarios where something has changed for one of the characters for example: <ul style="list-style-type: none">• One of the characters is starting a new school• One of the characters has lost their favourite toy• One of the character's pet has died• One of the characters has a new baby sister and is worried that life will be very different Discuss: <ul style="list-style-type: none">• How does the character feel?• How can we help him/her? <u>Activity 2</u> Draw a storyboard to show how the changes and feelings for the characters. Here is a link to a storyboard template. http://srjcstaff.santarosa.edu/~kthornle/apgr66/storyboard.PDF Encourage the children to present their ideas to the rest of the class.

Recap the Learning	<p>Check the children's understanding of change. Talk about the fact that people have lived through many different changes.</p> <p>Check they are all ok and that they know they can come to you. Have a dance or play a quick round of a fun game to finish the session on a positive note.</p> <p>https://www.youtube.com/watch?v=jjkYHr94wnc</p>