



# 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 3: Grow

### Detailed Lesson Plan

<b>Lesson 3</b>	<b>Explore</b>
<b>Introduction</b>	This is the 3rd 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>	Exploring emotions, change in our lives and death.  So that... <ul style="list-style-type: none"><li>• I am exploring the life cycle</li><li>• I understand changes that happen for living things</li><li>• I know there are things I can do to help me feel better when I feel sad</li></ul>
<b>Introduction to the lesson, signposting to support, ground rules and learning outcomes</b>	Introduction Recap the learning from the 'Learn' and 'Explore' sessions
<b>Main Body</b>	Activities Outdoor Learning - Take the children outside to collect leaves, flowers, sticks, bark and seashells etc. Children can use these to create some transient art. Use this as an opportunity to talk about the objects used. <ul style="list-style-type: none"><li>• Are they dead or alive?</li><li>• How will they change over time?</li></ul> Remind the pupils about the butterfly lifecycle. What changes do they remember? Do they know of any other animals that go through big changes?
<b>Recap the Learning</b>	Check the children's understanding of change. Talk about the fact that people have lived through many different changes.  Encourage the children to discuss what makes them feel good and to try new things.  Check they are all ok and that they know they can come to you. Play a quick round of a fun game to finish the session on a positive note.  Happy Dance <a href="https://www.youtube.com/watch?v=ijkYHr94wnc">https://www.youtube.com/watch?v=ijkYHr94wnc</a>  Cosmic Kids <a href="https://www.youtube.com/watch?v=A84PKy91LgQ">https://www.youtube.com/watch?v=A84PKy91LgQ</a>  Guided Imagery <a href="https://www.youtube.com/watch?v=fTzXFPh6CPI">https://www.youtube.com/watch?v=fTzXFPh6CPI</a>