



HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

Learning about Bereavement, Loss and Grief

PSHE Lessons

P2

Lesson Plans



WINSTON'S
WISH **WW**

Giving hope to grieving children

With thanks to Winston's Wish

P2 Lesson 1: Learn

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 1 st of 3 lessons for P2 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 death of pets</p> <p>So that...</p> <ul style="list-style-type: none">• I understand that death is part of life.• I explore important memories.• I can discuss ways to manage change.
Introduction to the lesson, signposting to support, ground rules and learning outcomes	<p>Introduction</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 feelings to the children and discuss how to feel safe and valued when expressing themselves.</p> <p>Sing-a-long - https://www.fischytunes.com/video-repo/this-is-how-i-m-feeling/</p> <p>As a class, think about how everyone can feel safe during the lessons. Encourage them to think about :</p> <ul style="list-style-type: none">• Being kind• Listening to others• Respect Others• I tell only my story

	<p>Think about how our friends help us through difficult times. Our friends look after us and can cheer us up when we are sad.</p>
Discussion about Loss	<p>Start the topic by introducing the idea of loss being a part of life, something we all experience and will affect different areas of our lives. Ask the children to think of things they have lost:</p> <p>Can you think of things you have lost? How did it make you feel? What did you do? Did you find it again? Who helped you?</p> <p>When someone dies we also feel a sense of loss and the feelings can be very similar but they will also be much more painful and last longer. The children might want to at this point talk about a pet or someone they know that died.</p> <p>At this point explain the word 'grief' as the word we use for all the feelings we experience when someone dies.</p> <p>Explore the idea that it's important to talk about loss as otherwise it can be hard for people to know how to manage the feelings associated with loss.</p> <p>The focus of these lessons is the loss associated with a death. The feelings and coping strategies for all types of loss are often very similar but through these lessons we will focus on the bereavement and grief.</p>
Recap the Learning	<p>Check the children's' understanding of change, in particular death. Talk about the fact that people may have pets who have died or have family members who have died.</p> <p>Check they are all ok and that they know they can come to you. Play the game 'Watch your worries float away' to finish the session.</p> <p>https://www.childline.org.uk/toolbox/games/balloon/</p>