



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 2: Explore

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 2 nd 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	Exploring death of pets So that... <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>Remind children about the importance of identifying and managing feelings.</p> <p>Sing-a-long - https://www.fischytunes.com/video-repo/this-is-how-i-m-feeling/</p> <p>Discuss with the class how to feel safe and valued when expressing ourselves</p> <p>The Bereavement Charter - Spend some time looking at 'The Bereavement Charter'.</p> <p>https://www.winstonswish.org/wp-content/uploads/2018/01/ww-0107-CBC-lo.pdf</p> <p>Discuss with the children each part and how this relates to children's rights.</p> <p>Recap the learning from the 'Learn session'</p>
Main Body	<p>Activities</p> <p>Begin by talking about changes that can happen in life. Remind children about the story 'Saying Goodbye to Hare.' In the story, Buzzard explains to Rabbit how life moves on and changes using the cycle of life in the woodland seasons. Explore the cycle of life in the woodland seasons by watching this clip:</p> <p>https://www.youtube.com/watch?v=zdKYWiVy9FY</p> <p><u>Activity 1</u></p> <p>Changes in your change – Children should be encouraged to identify 4- 5 important changes in their life. They should draw each change on a leaf template. They can join their leaves together to create a chain of changes.</p> <p><u>Activity 2</u></p>

	<p>Changes in your life - When life changes, we may have strong feelings. Rabbit's tummy hurt when he felt worried. On the outline of a body, children should draw or write all their different worries and where they feel them in their body. Think about what they look like and what colours they are.</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>