



# 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 3: Grow

### Detailed Lesson Plan

<b>Lesson 1</b>	<b>Learn</b>
<b>Introduction</b>	This is the 3 <sup>rd</sup> 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.
<b>Learning Outcomes</b>	<p>Exploring death of pets</p> <p>So that...</p> <ul style="list-style-type: none"> <li>• I understand that death is part of life.</li> <li>• I understand that sadness is a normal and healthy emotion and won't last forever</li> <li>• I know what I can do to help myself and others when we feel sad</li> </ul>
<b>Introduction to the lesson, signposting to support, ground rules and learning outcomes</b>	<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 - <a href="https://www.fischytunes.com/video-repo/this-is-how-i-m-feeling/">https://www.fischytunes.com/video-repo/this-is-how-i-m-feeling/</a></p> <p>Discuss with the class how to feel safe and valued when expressing ourselves</p> <p>Recap the bereavement charter to keep everyone safe.</p> <p>Recap the learning from the 'Learn' and 'Explore' sessions</p>
<b>Main Body</b>	<p>Activities</p> <p><u>Activity 1</u></p> <p>A Stormy Day – Begin by discussing what sadness means to each child. Ask the children:</p> <ul style="list-style-type: none"> <li>• What is sadness?</li> <li>• How do we know when someone is sad?</li> <li>• How do we deal with sadness?</li> </ul> <p>Children create a piece of art of big raindrops falling from the clouds. In each raindrop, they draw what sad feelings look like to them.</p> <p><u>Activity 2</u></p> <p>Sadness doesn't last forever – Ask children to come up with 5 things that make them happy. This could be: playing with friends, laughing, dancing, playing sports etc. Make a poster or collage about things that make them happy.</p>

**Recap the Learning**

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. That it is ok to feel sad when someone close to us dies and there are things we can do to help ourselves and others.

Check they are all ok and that they know they can come to you if they need support.

Play a fun game if necessary.