



HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

Learning about Loss, Bereavement and Grief

PSHE Lessons

P3

Lesson Plans



WINSTON'S
WISH **WW**

Giving hope to grieving children

With thanks to Winston's Wish

P3 Lesson 1: Learn

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 1 st of 3 lessons for P3 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, dying and bereavement</p> <p>So that...</p> <ul style="list-style-type: none"> • I understand what death means • I explore characteristics of dead and alive • I can discuss the process of grief
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 the concept of death to the children and discuss how to feel safe and valued when expressing their ideas.</p> <p>As a class, think about what will help everyone feel safe during the lessons. Include things such as:</p> <ul style="list-style-type: none"> • Being kind to others • Listen • Respect Others • I tell only my story
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> <p>Show children the invisible suitcase clip. https://www.youtube.com/watch?v=wmzy6fRLcCU Ask the children to share what would be in their invisible suitcase.</p>
Main Body	<p>Activities Discuss with the children what dead means. Teaching Point - Being dead means that your body and your head don't work anymore. Someone who is dead can't talk, or see, or hear, or eat, or move or feel anything anymore. Think about stories or movies that involve the death of a character. Ask the children how other characters feel when someone dies.</p> <p><u>Activity 1</u> Watch the clips to show how death is present in animation. Moana's grandmother dies Inside Out Bing Bong dies Lion King Mufasa dies</p> <p>Use various pictures to discuss the word 'dead'. Ask the children to describe the images and share their ideas.</p> <p><u>Activity 2</u> The Small Creature – As children watch the clip, they should think about the journey Small Creature goes on when Bird dies. https://www.youtube.com/watch?v=Ks2DOoZtZ4A</p> <p>Task – Children create their own story around the theme of 'loss'. They can create a storyboard or script or even use software such as Stop Motion to bring their creation to life. Share these with your classmates/other pupils in your school.</p>
Recap the Learning	<p>Check the children's' understanding of death, in particular grief. Talk about the fact that people may have family members or friends who have died.</p> <p>Check they are all ok and that they know they can come to you. Complete show 'Belly Breathing' to finish the session. https://www.youtube.com/watch?v=RiMb2Bw4Ae8</p>