



HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

Learning about Bereavement, Loss and Grief

PSHE Lessons

P3

Lesson Plans



WINSTON'S
WISH **WW**

Giving hope to grieving children

With thanks to Winston's Wish

P3 Lesson 2: Explore

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 2 nd 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	Exploring death, dying and bereavement So that... <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>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>Discuss with the children that remembering good times can bring us comfort following a loss or a death.</p> <p><u>Activity 1</u></p> <p>Finding Comfort – Children create a picture or model to represent a memory of a person, pet or event. This can be about anyone alive or dead that is important to them.</p> <p><u>Grief is like a Maze</u></p> <p>Grief is a lot like a maze. Sometimes you move forward. Other times, like your grief journey, you will run into obstacles and road blocks. Sometime you have to go backwards to go around a wall, and sometimes you have to retrace your steps. The important thing though, both in a maze and in grief, is that you continue to move forward and eventually you will reach your goal and you will start to feel better.</p> <p><u>Activity 2</u></p> <p>Provide the children with the grief maze. Ask them to think about what things would help them to move forward if they were grieving.</p>

	https://hope4hurtingkids.com/resources/H4HK-Grief-Maze.pdf
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.</p> <p>https://www.youtube.com/watch?v=RiMb2Bw4Ae8</p>