



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 3: Grow

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 3 rd 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>Recap the bereavement charter to keep everyone safe.</p> <p>Recap the learning from the 'Learn' and 'Explore' sessions.</p>
Main Body	<p>Activities</p> <p>Ask the children to think about people, animals, places or things they miss. If they wish, pupils can share these with the class.</p> <p><u>Activity 1</u></p> <p>The Puzzle of You – help the pupils to understand everyone is made up like a jigsaw puzzle with lots of pieces that make them unique and special. It's important we think about what makes us feel good, special, what we are good at, important people in our lives. All these things can help us cope when we are sad because of a loss or a death.</p> <p>Create should create their own jigsaw puzzle to celebrate themselves. They may include losses, achievements, friendships, likes/dislikes, good times and difficult times. Use the jigsaw puzzle template or create individual jigsaw pieces for a whole class display.</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.</p> <p>https://www.youtube.com/watch?v=RiMb2Bw4Ae8</p>