



HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

Learning about Bereavement, Loss and Grief

PSHE Lessons

P4

Lesson Plans



WINSTON'S
WISH **WW**

Giving hope to grieving children

With thanks to Winston's Wish

P4 Lesson 1: Learn

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 1 st of 3 lessons for P4 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 the nature of loss and grief and building our skills in understanding loss and grief, looking after ourselves and others after a loss.</p> <p>So that...</p> <ul style="list-style-type: none">• I can describe and use a number of strategies that might help to manage grief and loss• I can start to think about things that help me feel better
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 grief and how to use joyful experiences to help cope with these feelings. 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>Take thoughts from pupils about why they think this learning is important and discuss the learning outcomes.</p> <ul style="list-style-type: none">• I can name some of the feelings that someone might have when they lose something or when someone dies• I can think of things that make me happy which can help me cope with sad feelings <p>Ground rules</p> <p>In best practice these will be developed by the class. Examples are provided.</p>
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>The Heart and the Bottle by Oliver Jeffers</p>	<p><u>The Heart and The Bottle by Oliver Jeffers - YouTube</u></p> <p>This link will take you to a reading of the book or you can read it yourself. Prepare the children for some of the themes:</p> <p>The story includes the death of a loved grown up. The main character has happy and sad feelings. The story has a hopeful ending. You might have strong or difficult feelings listening to the story and that is OK. It is ok to ask for help or ask questions if you need to.</p> <p>Read or listen to the story and ask the children:</p> <p>What things did the girl like to do at the beginning of the story? Why did she put her heart in a bottle? Did it help? What feelings do you think the girl had? What do you think this tells us about what we need when someone dies?</p> <p>Help the children to reflect on the ideas that:</p> <ul style="list-style-type: none"> • the girl put her heart in a bottle because she felt so sad • she didn't want to enjoy the things she had before because the adult wasn't there to share them anymore • perhaps she felt she shouldn't feel happy anymore • the adult would want her to keep being happy • it's important to keep doing things that make you happy especially when you feel sad <p>Bottling Feelings Draw or write the feelings that someone might feel when someone dies in the bottle. The children might want to use colour, shapes, pictures or words.</p> <p>Do you agree or disagree?</p> <p>Encourage the pupils to think about their feelings about each statement. Allow some discussion.</p>

	<ul style="list-style-type: none"> • If you hide your sad feelings, you won't feel upset anymore. • It is OK to be sad, and it can help to cry, and share your feelings. • It is OK to be happy sometimes when someone you loved has died. <p>Return to the bottle and allow the children to draw or write the things, activities, people that make them feel joyful and happy.</p>
Recap the Learning	<p>Check the childrens' understanding. Check they are all ok and that they know they can come to you – find out who they would choose to talk to. It might help to play a quick round of a favourite game to finish the session.</p>