



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 2: Explore

Detailed Lesson Plan

| Lesson 1 | Learn |
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| Introduction | This is the 2 nd 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 think of things that make me happy which can help me cope with sad feelings. • I can think of things that I can do to help other people who are grieving. |
| Recap | <p>Recap the ground rules to keep everyone safe</p> <p>Recap the learning from the 'Learn session'</p> |
| Growing around Grief | <p>This video will help you explain the 'growing around grief' model: https://www.youtube.com/watch?v=Y9rqJlbQDpk</p> <p>Use a visual to help teach this section – the following works well:</p> <ul style="list-style-type: none"> • A ball of blu tac, marble or small ball • 3 containers of different sizes – the smallest should be close to the size of the ball <p>Use the ball and containers to show how grief changes over time. The grief stays the same but the person's life grows and gets bigger so that the grief takes up less space in the person's world.</p> <p>There are things you can do</p> <p>Refer back to the bottle posters and help them reflect that doing things that make them happy are an important part of grieving. Discuss in pairs or groups what they can do to feel better and what they can do to help other people who are grieving.</p> <p>Pocketful of Plasters</p> <p>Ask the pupils about the last time they needed a plaster. Did it help? Use the plaster templates to put make their own plasters using the ideas they have come up with for helping themselves and others. This would make a good class display or they could make their own keyring of plasters</p> |

Recap the Learning

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.