



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 3: Grow

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 3 rd 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	Exploring the nature of loss and grief and building our skills in understanding loss and grief, looking after ourselves and others after a loss. So that... <ul style="list-style-type: none">• I can try out a new way of managing difficult emotions
Recap	Recap the learning from the 'Learn' and 'Explore' sessions
Doodling	Did you know doodling is good for you? The repetitive movement can help with difficult feelings, help your brain feel calmer and help you concentrate!! Provide the children with paper, pencils, colouring pencils and consider putting on music which can inspire doodling. Try doodling – do you have a favourite doodle? Not sure what to doodle – try this... <ul style="list-style-type: none">• Draw a simple squiggle and join the ends together• Add eyes, hat, mouth, legs or anything you fancy• Colour in the spaces in different colours• Write or draw the things you like doing inside each section• Put some music on and match the speed of the music with your pencil then colour in the doodle The pupils may wish to add doodling to their pocket full of plasters
Recap the Learning	Check the children's 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.