



HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

Learning about Bereavement, Loss and Grief

PSHE Lessons

P5

Lesson Plans



WINSTON'S
WISH **WW**

Giving hope to grieving children

With thanks to Winston's Wish

P5 Lesson 1: Learn

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 1 st of 3 lessons for P5 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 name some of the feelings that someone might have when they lose something or when someone dies• I can think about how hope can help when someone dies
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 about how hope can help when someone dies <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>Archie - a Cbeebies Film</p>	<p>https://www.bbc.co.uk/cbeebies/grownups/archie-the-dog</p> <p>Watch the film and ask the children to answer the questions as a group:</p> <ul style="list-style-type: none"> • How does the film make you feel? • What happened in the film? • How do you think Archie was feeling when: <ul style="list-style-type: none"> ○ He received the letter? ○ He was travelling to the island? ○ He discovered the photo was missing ○ He found the items at the end? <p>Understanding the Feelings of Loss and Grief</p> <p>When someone close to us dies we are likely to feel lots of different emotions Can you think of any? All of these emotions are normal and ok to feel</p> <p>Point out that happy, wanting to have fun and laughing are all very normal and good to experience. It doesn't mean they are not sad about the person dying.</p> <p>Encourage the children to create a squiggle to show how feelings associated with grief can be confusing and upsetting. Ask them to identify some of the feelings they have felt or might feel if they have not experienced loss or death.</p> <p>Agree or Disagree? Allow for discussion of the statements</p> <p>Hope for the Future Activity</p> <p>At the end of the story it seems as if Archie feels hopeful about the future Continue Archie's story:</p> <ul style="list-style-type: none"> • What things can he look forward to? • How might his life be different on the island? • What might he do first? <p>You could:</p> <ul style="list-style-type: none"> • write the next bit of Archie's story

	<ul style="list-style-type: none">• draw in story board or comic book style• draw some things that Archie can look forward to in his new home
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.