



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 3: Grow

Detailed Lesson Plan

Lesson 1	Learn
Introduction	This is the 3 rd 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 try out a new way of managing difficult emotions, being hopeful and remembering good times
Recap	Recap the learning from the 'Learn' and 'Explore' sessions
Hope and Remembering	<p>Archie had a photo of his loved one that was very important to him At the end of the film he appears to feel more hopeful about the future Being creative can be very helpful for someone who is grieving – it allows you to express your emotions and calms the mind.</p> <p>This is a creative task so allow the pupils choice in how they wish to express themselves – through writing, drawing, using the computer etc..</p> <p>They can prepare a letter, drawing or diary page to send to Archie choosing either to:</p> <ul style="list-style-type: none">• recreate a happy memory of a person, place, pet or activity• express what they are hopeful about or looking forward to
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.