

Lesson 5

Let's Talk About Bereavement

Resources

The 10 Oks Poster

Print large and put up in classroom

1 small, clear container full with objects

1 large, clear container, with same amount

Children and bereavement video

https://www.youtube.com/watch?time_continue=179&v=6qrND_OJHoE

Jar outline with label

One per pupil

Coloured Strips of paper

A few different colours each

Paper

One per pupil

Glue

Learning Objectives

WALT:

- To understand what 'Bereavement' means
- That bereavement stays with you but you won't always feel the same
- That after bereavement your journey changes but you can still reach your goals
- To know you are not alone

The 10 Oks:

(2 minutes)

Set the ground rules for the discussion to create a safe and open environment:

Today we are learning about bereavement. This topic can be tricky for some people. During these lessons you are expected to be supportive and respectful of others.

If what we learn about makes you feel worried you should feel free to approach a teacher, mental health lead or any member of staff you feel comfortable talking to if you need help or advice. After every lesson information will be available and poster will be around school to support you.

Negotiate and share these rules so everyone understands and feels safe and free from judgement and heard and display in class.

Key Skills

- Managing information
- Thinking, problem-solving and decision-making
- Being creative
- Working with others
- Self-management
- Language and interacting

Teaching Input

(5 minutes)

It is important to talk about the 'big feelings' we have because our mental health is big part of our physical health and well-being. Find out what children already know and what they would like to find out about Bereavement?

Introduce Bereavement:

Bereavement is when you are deprived of a close relation or friend when they die. It is not one feeling, it can be many feelings. People experience different feelings at different times. *If you don't talk about and manage your feelings in a positive way, it can lead to mental health problems.*

It is good to learn about bereavement because everyone will experience it but there are ways to cope. Share learning objectives

Containers

(10 minutes)

Let's think about all the feelings we might feel if someone died. Children who share ideas to choose a pompom and put in a small, clear container until full. This may be how it feels after someone close to you has died. Are you going to be able to concentrate at school, manage your feelings, and enjoy the usual things? Those feelings probably will never go away, but as time passes, your capacity to carry those increases! Pour pompoms into larger clear container. What do you notice? What could fill up that space? Around special times, how do you think the capacity of someone who is bereaved changes? Explain to children that when someone is bereaved, they won't always feel the same.

Waterfall

(10 minutes)

Watch video about how children feel when they have been bereaved. Explain that bereavement can be visualised like a waterfall! Show children 'Waterfall of Bereavement' poster and explain the parts of the river. Discuss how you might feel. Will everyone feel the same? Explain that often mums and dads show their grief different, but to always important to talk through your feelings, worries or questions.

Even if you feel worried about upsetting people, they would always prefer it if you share your feelings rather than feel alone. You are not alone. Bereavement happens to everyone. Children then will come up with ideas to make their own image of grief and discuss and share with their peers.

Memory Jar

(10 minutes)

A memory jar helps us to hold on to the happy thoughts of a loved one as the more unpleasant ones fade away. It is normal to have a really wide range of feelings about what has happened when a loved one or someone special has died. All feelings are normal and to be expected.

Think of about a special day you spent with someone you love. On strips of different coloured paper write down lots of things that remind you of this event and stick them onto the jar sheet (or use real jars). Label the jar. Holding onto the happy memories can help you when someone special dies. Any unhappy memories you can accept and then let go.

Do's and Don'ts

(10 minutes)

Explain we are going to learn how to be a kind and supportive friend when someone we know has been bereaved.

Show small container again. How would you want your friends to treat you?

Show large container. How would you want your friends to treat you now? Lots of different ways or exactly the same? As a friend, how will you know which one to do?

You can ask! Explain we are going to a sorting exercise in to do's and don'ts. Children to colour in what to do in one colour and what not to do in another colour.

It is very important to remember that they are still your friend! Don't be afraid to be the same friend you always were. Sometimes we can feel awkward because we don't want to upset someone or we may even feel like avoiding someone who has been bereaved. But don't worry about it, just go and talk to them. No one is perfect and we all make mistakes. Also it is ok to laugh and be happy to! They are more than their bereavement.

Plenary (5 minutes)

Recap what we have learnt today and discuss the following:

- What have you learnt about bereavement?
- How did you feel talking about bereavement?
- What did you find difficult?
- What did you find interesting?

Closure (5 minutes)

Squares game. Place big sheets of sugar paper/ newspaper on the ground with enough space for all the children to fit on. Play the 'Happy' music and the children dance around the space. Then pause it and the children need to stand on the paper. Each round fold the paper in half. If any children can't fit or wobble off, it is now their role to help the others to stay on! Praise the children for their team work and for supporting each other

Put LOOK AFTER YOUR MENTAL HEALTH poster on display

Further

Activities & Useful Apps



Nino's Mourning Toolbox - The interactive story journeys through grieving process to help children



Smiles and Tears – by BBC Children in Need and Nelson's journey charity

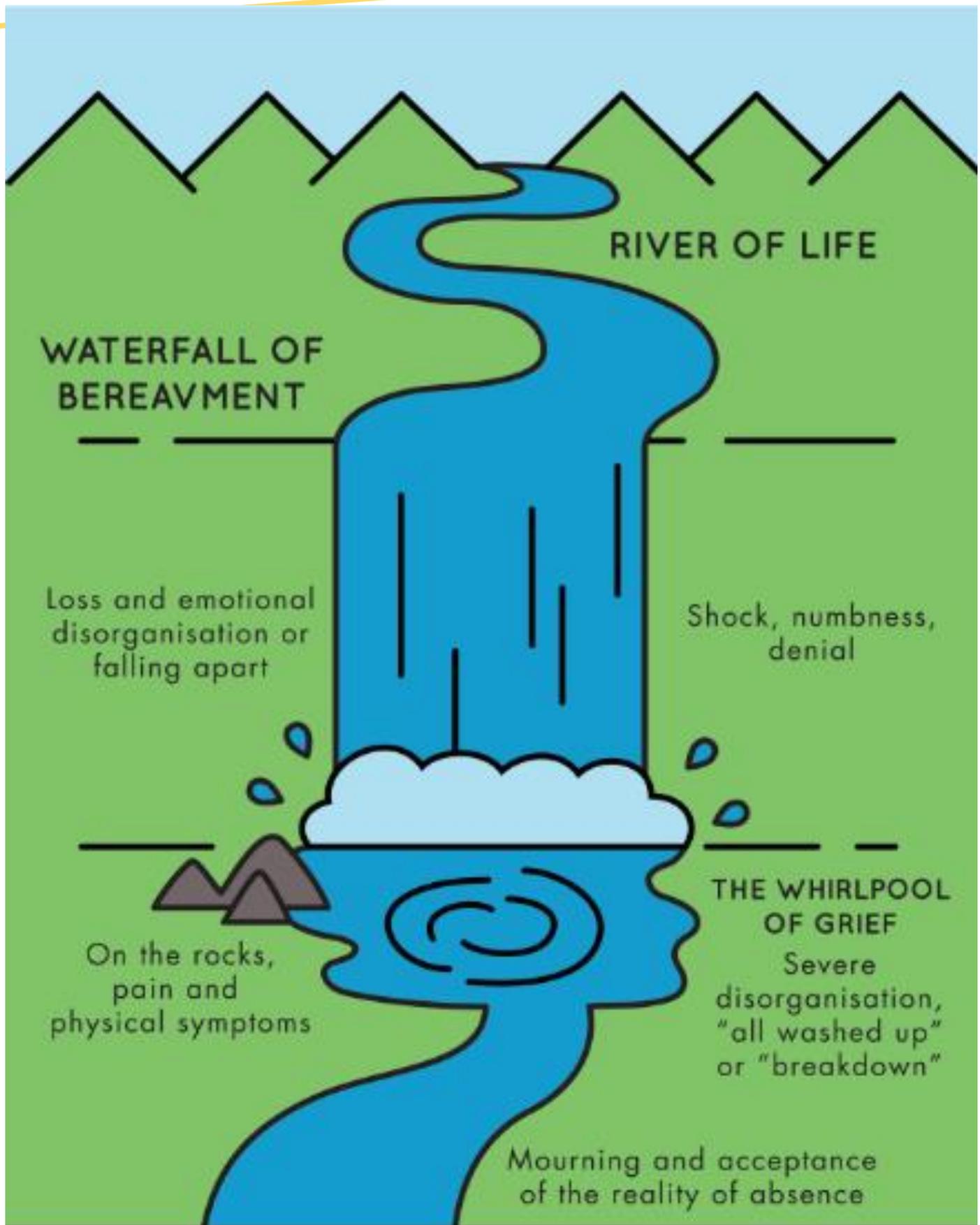


Memoria keeps loved ones memories alive



Child Bereavement UK: Grief Support for Young People

5.1 Grief Waterfall



**BEREAVEMENT IS WHAT HAPPENS TO YOU. GRIEF IS WHAT YOU FEEL.
MOURNING IS WHAT YOU DO.**

5.2 Memory Jar



5.3 Do's and Don'ts

Just be with your friend

Do you need a minute on your own?

Try and take the pain away

Do you want to talk about it?

Be exactly the same

Talk about the person that has died

Give your friend advice even if they don't ask for it

Ignore them in case you say something wrong

I'm sorry to hear your sad news"

Laugh and joke with them

Never talk about the person that has died



5. Let's Learn About Bereavement

Learning Objectives	Key Skills	Resources
<p>We are learning:</p> <ul style="list-style-type: none"> ● To understand what 'Bereavement' means ● That bereavement stays with you but you won't always feel the same ● That after bereavement your journey changes but you can still reach your goals ● To know you are not alone 	<ul style="list-style-type: none"> ● Managing information ● Thinking, problem-solving and decision-making ● Being creative ● Working with others ● Self-management ● Using ICT ● Language and interacting 	<p>The 10 Oks template 1 small, clear container full with objects 1 large, clear container, with same amount of objects in Jar outline with label Coloured strips of paper Glue White paper</p>
<p>PSHE Core Themes and Objectives</p> <p>Health and wellbeing</p> <p>H1.what positively and negatively affects their physical, mental and emotional health</p> <p>H4.about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings</p> <p>Relationships</p> <p>R1. to communicate their feelings to others, to recognise how others show feelings and how to respond</p> <p>R2.to listen and respond respectfully to all people, feel confident to raise their own concerns</p> <p>Living in the wider world</p> <p>L1.to discuss and debate topical issues, problems and events concerning health and wellbeing</p> <p>L9. ways in which we are the same as all other people; what we have in common with everyone else</p>		

Teaching Input 5 minutes	The 10 Oks
<p>It is important to talk about the 'big feelings' we have because our mental health is big part of our physical health and well-being. Find out what children already know and what they would like to find out about Bereavement? Introduce Bereavement: <i>Bereavement is when you are deprived of a close relation or friend when they die. It is not one feeling, it can be many feelings. People experience different feelings at different times. If you don't talk about and manage your feelings in a positive way, it can lead to mental health problems. It is good to learn about bereavement because everyone will experience it but there are ways to cope.</i> Share learning objectives</p>	<p>Remind of rules from Lesson 1 and display them in classroom</p>
Learning Activities	
<p>Containers</p> <p>10 minutes</p>	<p>Let's think about all the feelings we might feel if someone died. Children who share ideas to choose a pompom and put in a small, clear container until full. This may be how you feel after someone close to you has died. Are you going to be able to concentrate at school, manage your feelings, enjoy the usual things? Those feelings probably will never go away, but as time passes, your capacity to carry them increases! Pour pompoms into larger clear container. What do you notice? What could fill up that space. Around special times, how do you think the capacity of someone who is bereaved changes? You will not always feel the same!</p>
<p>Waterfall</p> <p>10 minutes</p>	<p>Watch video about how children feel when bereaved. Bereavement can be visualised like a waterfall! Show children image and discuss how you might feel. Make own image.</p>
<p>Memory jar</p> <p>10 minutes</p>	<p>A memory jar helps us to hold on to the happy thoughts of a loved one as the more unpleasant ones fade away. It is normal to have a really wide range of feelings about what has happened when a loved one or someone special has died. All feelings are normal and to be expected. Think of about a special day you spent with someone you love. On strips of different coloured paper write down lots of things that remind you of this event and stick them onto the jar sheet. (or use real jars). Label the jar. Holding onto the happy memories can help you when someone special dies.</p>

<p>How to support your friends (Do's and Don'ts)</p> <p>10 minutes</p>	<p>Show small container again. How would you want your friends to treat you? Show large. How would you want your friends to treat you now? Lots of different ways or exactly the same? As a friend, how will you know which one to do? Ask! Explain we are going to a sorting exercise in to do's and don'ts. Children to colour in what to do in one colour and what not to do in another. important to remember that they are still your friend! Don't be afraid to be the same friend you always were because no one is perfect and we all make mistakes but it is ok to laugh and be happy to! They are more than their bereavement.</p>			
<p>Plenary 5 minutes</p>		<p>Closure 5 minutes</p>		
<p>Discuss what you have learnt about Depression? What did you find difficult?</p> <p>What did you find interesting?</p>		<p>Snowball – children and adults write a positive thing about another person in the class on paper. Screw it up and throw it in the air to make it 'snow'. Then they choose a snowball off the floor and give to someone who they think it could be about. Always choose someone without a snowball, If comments don't fit the children left - ask the class for another suggestion!</p>		
<p>Extension Activities / Home learning</p>				
 <p>Nino's Mourning Toolbox The interactive story journeys through grieving process to help children overcome their loss and help families to support each other.</p>	 <p>Smiles and Tears – by BBC Children in Need and Nelson's journey charity</p>	 <p>Memoria keeps loved ones memories alive</p>	 <p>Child Bereavement UK: Grief Support for Young People</p>	<p>Poster in class or around school</p>