

Primary 7-11 Lesson



Be informed.



Be curious.



Be heard.

Your latest results: “Is it easy to have conversations about conflict in Israel & Palestine?”



Yes

27.8%

No

72.2%

35,306 young people voted this week.

"If I know someone is being personally affected, I will try to make them feel better."

Mildmay Primary School

"It is hard for some people because they may come from Israel or Palestine, and we do not want to hurt them with wrong information."

Homerswood Primary and Nursery School

"I am lucky in that I don't have any close connections to the area. However, it is still upsetting, and I hope the conflict ends soon."

Pine Green Academy

"Many people have strong emotions about this which makes it hard to talk about because someone could get angry or upset."

Catherine Junior School

"It's not easy to listen to people's pain, and some people might not understand."

Pheasant Bank Academy

"I think it's easy because I am not connected with anyone from those countries."

Homerswood Primary & Nursery School

"It is a very complex issue to understand why people go to war as it has a lot to do with politics which we do not study so much in detail at Primary school."

Adderley Primary School

"If we don't talk about the situation, we won't be able to help or do anything."

Hevingham Primary School

Thank you for your responses and conversations you were able to have on this topic.

Today's VoteTopic:

Would you know how to support a friend if someone important to them died?

UNCRC Article 30:
Minority culture,
language & religion

UN SDG 3:
Good health &
wellbeing

VfS Key Theme 1:
Health &
wellbeing

1 Talking things through



This week, we are going to be talking about **death** and **bereavement**.



Please let a **trusted adult** know if you want to speak more about anything **discussed** in the lessons.

1 Talking things through



When **someone dies**, their **body stops working**. This means that they **don't need anything to eat or to drink** and they **can't feel anything**.



Even though **people miss them**, they **cannot come back**.

1 Talking things through



Death is a natural part of life. All living things have a beginning and an end.



1 Talking things through



Individual reflection (1-2 mins)

Look at the word below. Have you heard this word being used before? Share a definition with the class if you feel comfortable to.



Grief

1 Talking things through



Grief describes the **emotional and physical feelings** felt **after someone has died**. These include **sadness, confusion, anger and loneliness**. It is important to remember that everyone **grieves in their own way**.

Grief

1 Talking things through



Individual reflection (1-2 mins)

Look at the word below. Have you heard this word being used before? Share a definition with the class if you feel comfortable to.





Bereavement



When a person is **bereaved**, it means **someone close to them has died**. We often use the word “**bereavement**” to describe **when a person is grieving**.

2 Why are we talking about this?



Children's Grief Awareness Week is taking place from **16th-23rd November**.

This is a time to **raise awareness of young people** who have experienced the **death of someone close to them**.

2 Why are we talking about this?



This year's theme is **"The Shape of Your Support"** and is a chance to reflect on the **support bereaved young people are getting.**



2 Why are we talking about this?



Peer support, which is when **friends help one another**, can be **comforting** to bereaved people.

Today, we are going to be thinking about how we can **support a friend when someone important to them dies**.



3 The invisible suitcase



Before we think about peer support, let's think a little more about the **impact** that **bereavement** has on a person.

Whole class activity (2-3 mins)
Click image to watch a video called "The Invisible Suitcase".



3 The invisible suitcase



Pair activity (4-6 mins)

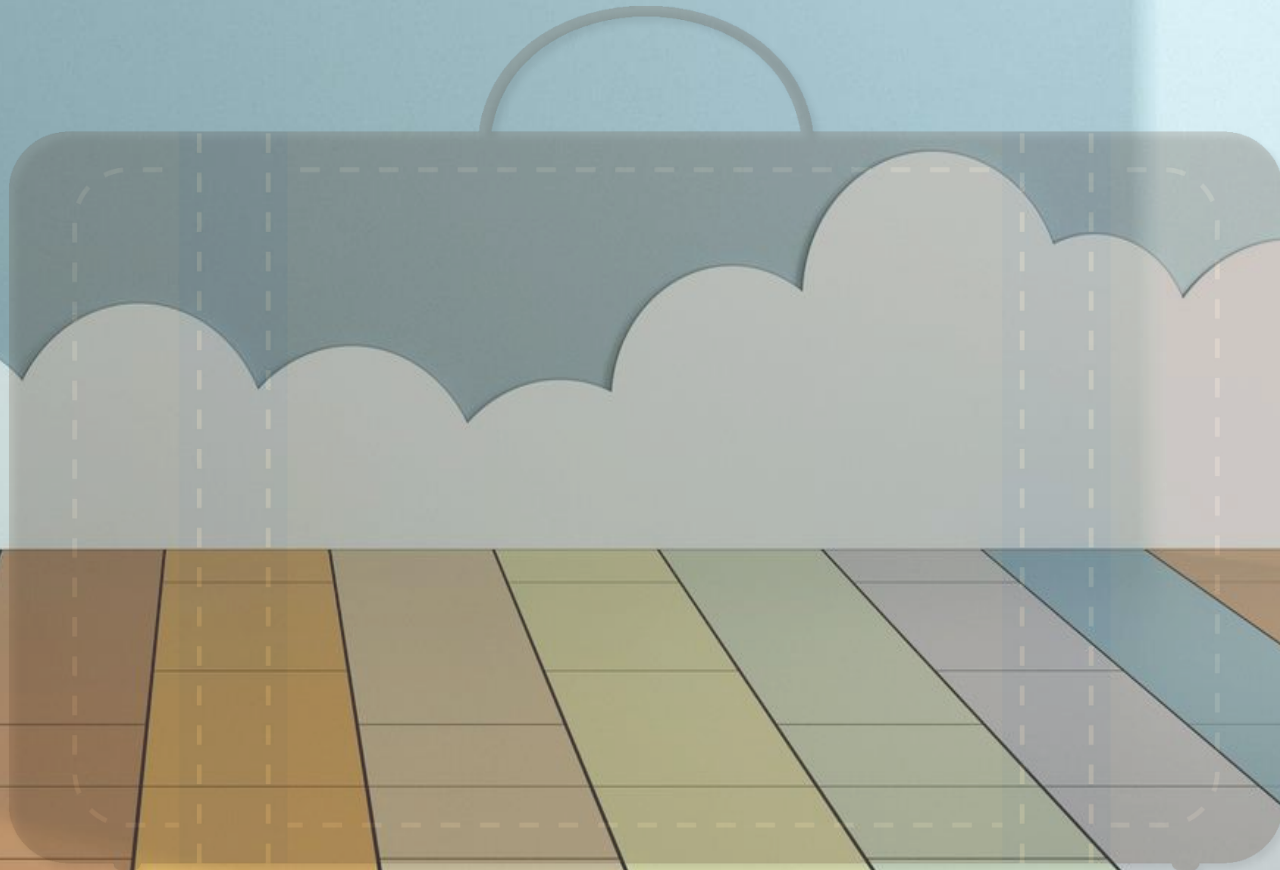
Over the next few slides, discuss the questions relating to the video.



3 The invisible suitcase



If someone is grieving, which emotions might be inside their invisible suitcase?



3 The invisible suitcase



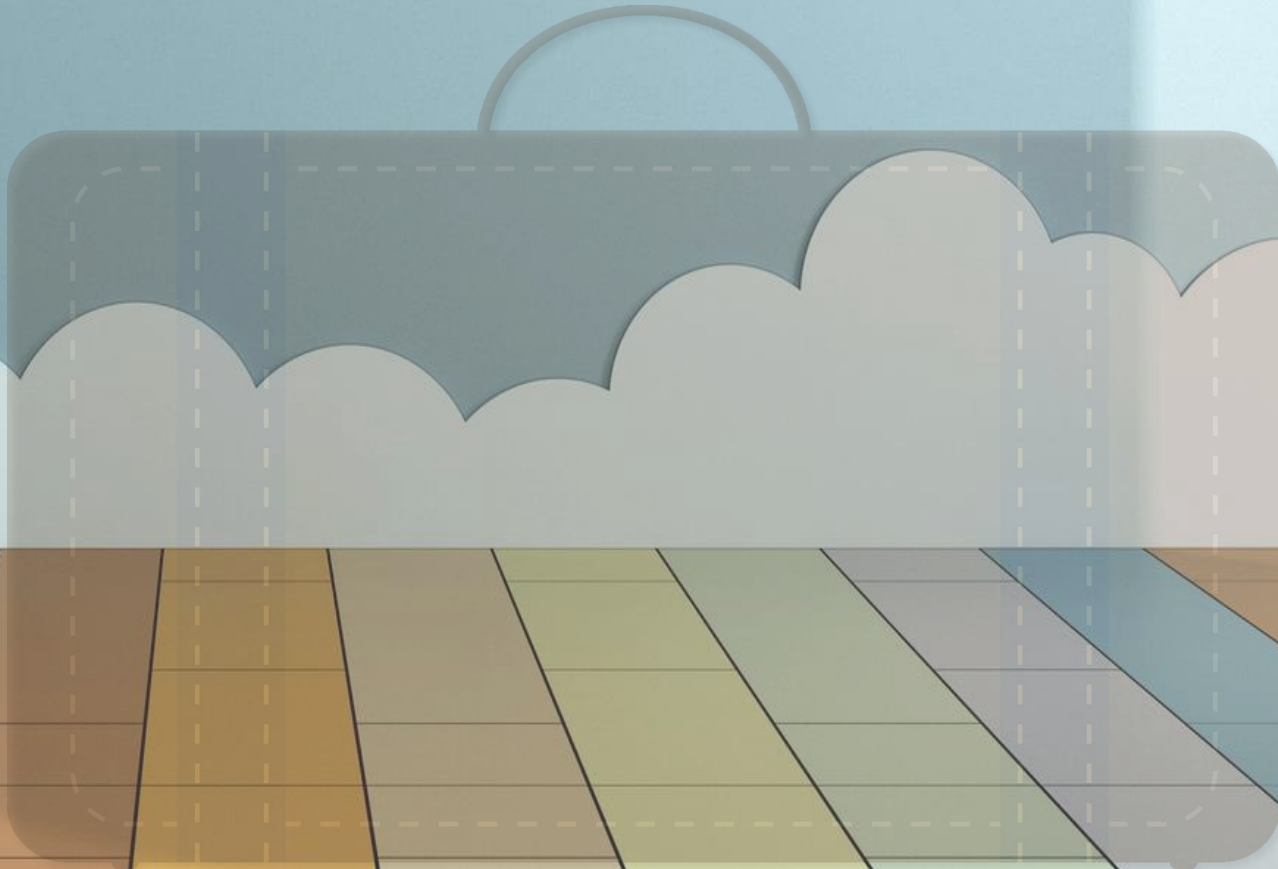
Someone might feel **one** of these emotions, **lots** of these emotions, or **something completely different**. It's **okay to feel anything or nothing** at all.



3 The invisible suitcase



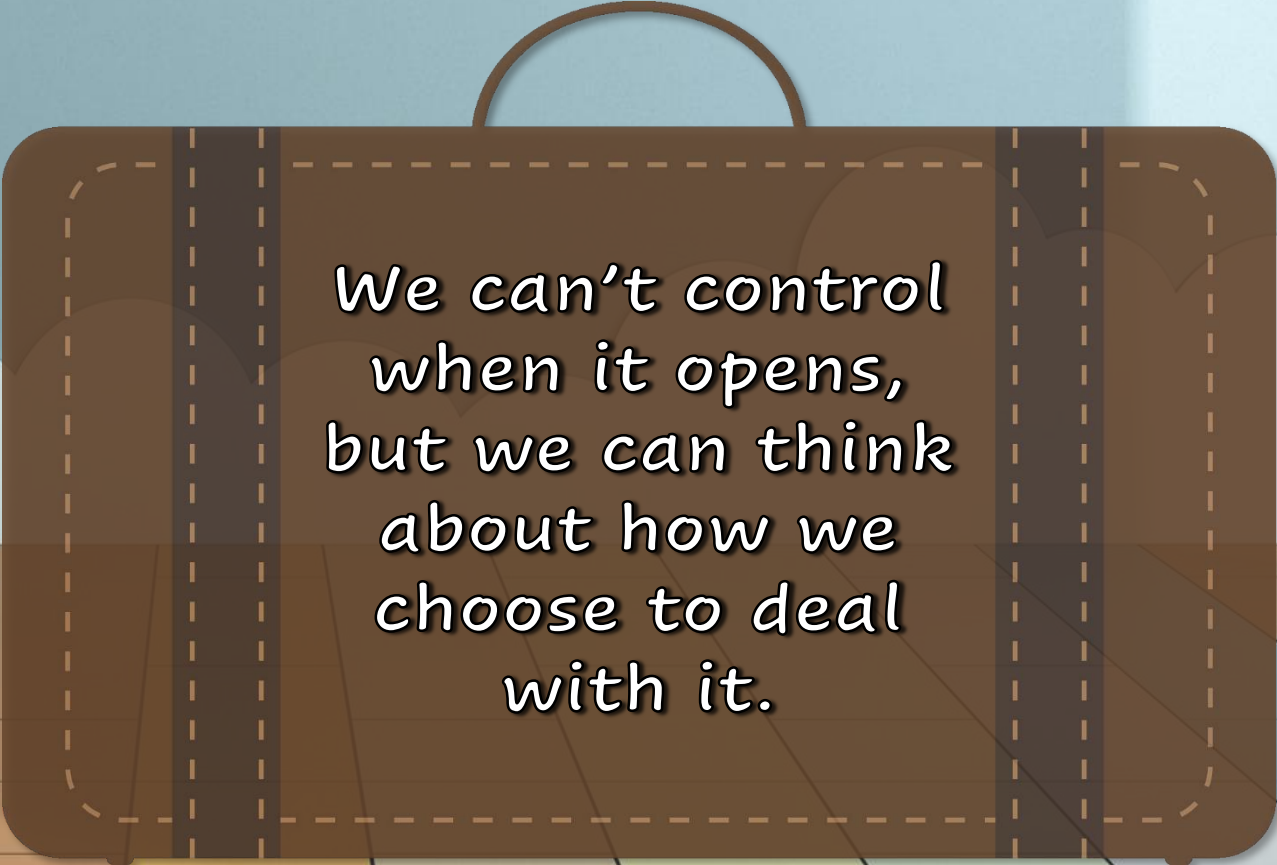
Can we control when our suitcase opens?
Explain your answer.



3 The invisible suitcase



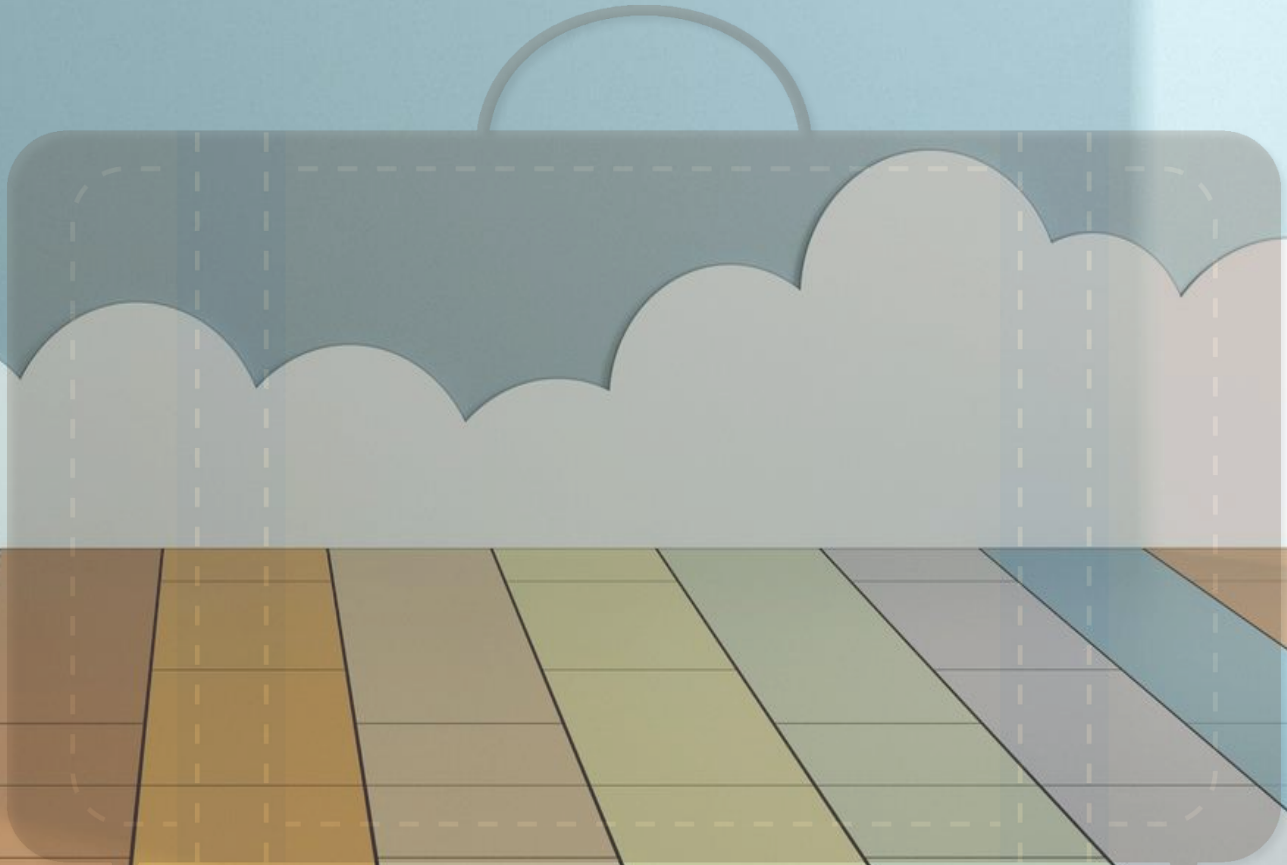
One of the ways to **cope** with your **feelings and emotions** is by **talking to someone you trust**.

A brown suitcase with a handle and two straps, positioned in the center of the slide. The text is written inside the suitcase.

We can't control
when it opens,
but we can think
about how we
choose to deal
with it.




Which qualities should you look for in someone that you're sharing your feelings with?



3 The invisible suitcase



You might choose to talk to a **friend**, **family member** or a **teacher** to lighten your invisible suitcase.



Talk about your feelings with someone who won't judge or make fun of you.

3 The invisible suitcase



Individual reflection (1-2 mins)

Think about your invisible suitcase. What's inside it today?



4 The shape of your support



This year, the **Childhood Bereavement Network** are putting together a **mural** created by **bereaved children and young people**.



Curriculum link – Maths
How many sides does
a hexagon have?

The mural will be made up of **hexagons** and **each hexagon will show what helps different young people with their grief**. You can find out about **getting involved** with the mural and **look at last year's mural [here](#)**.

4 The shape of your support



Peer support is one type of support. It's simply about **being there for a person who is grieving**, in whatever way is **helpful to them**. There's **no right or wrong way** to support someone who has been bereaved.



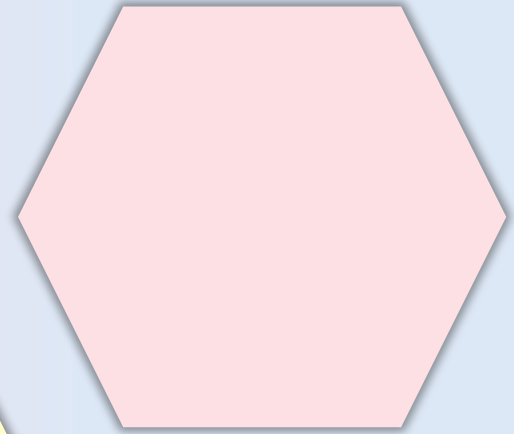
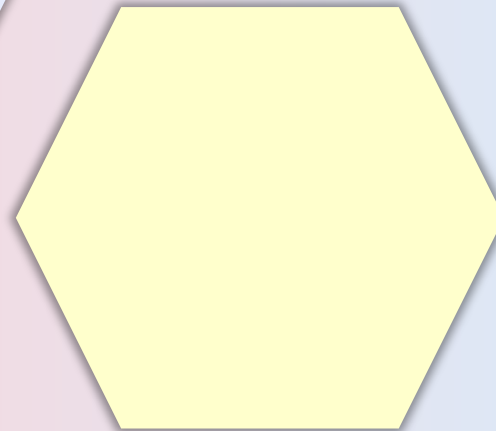
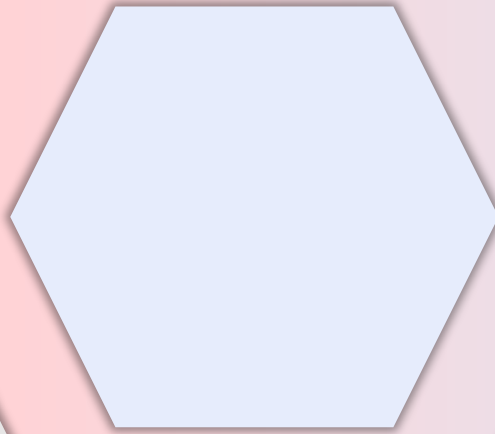
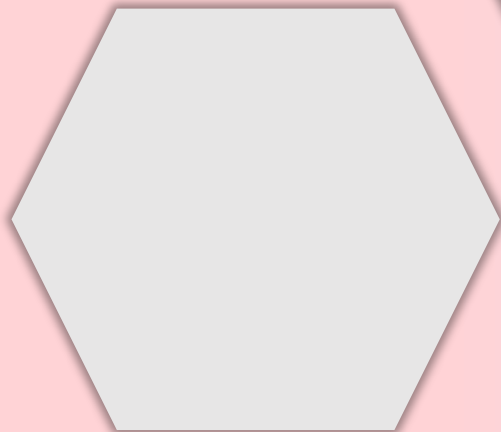
It is important to **be patient and understanding** though, as there is **no timeline of how long grief will last** or how someone should **feel after a certain amount of time**.

4 The shape of your support



Pair activity (2-3 mins)

How could a person offer support to someone grieving?



4 The shape of your support



Be there if they need you.

Listen if they want to share.

Offer to help with something.

Ask a trusted adult.

Pair activity (2-3 mins)

What could you say or do to someone to show this support?



“If you ever want to talk, I’m here to listen.”

“I brought in my magazine for you to borrow as I thought you’d enjoy it.”

“We don’t need to say anything. Why don’t we sit together?”

“Would you be comfortable talking to our teacher about this?”

“I’m sorry you’re going through this right now. I’m here for you.”

“I’d love to learn more about them when you’re ready to share.”

“There’s no rush, take your time.”

“It’s okay to feel this way.”

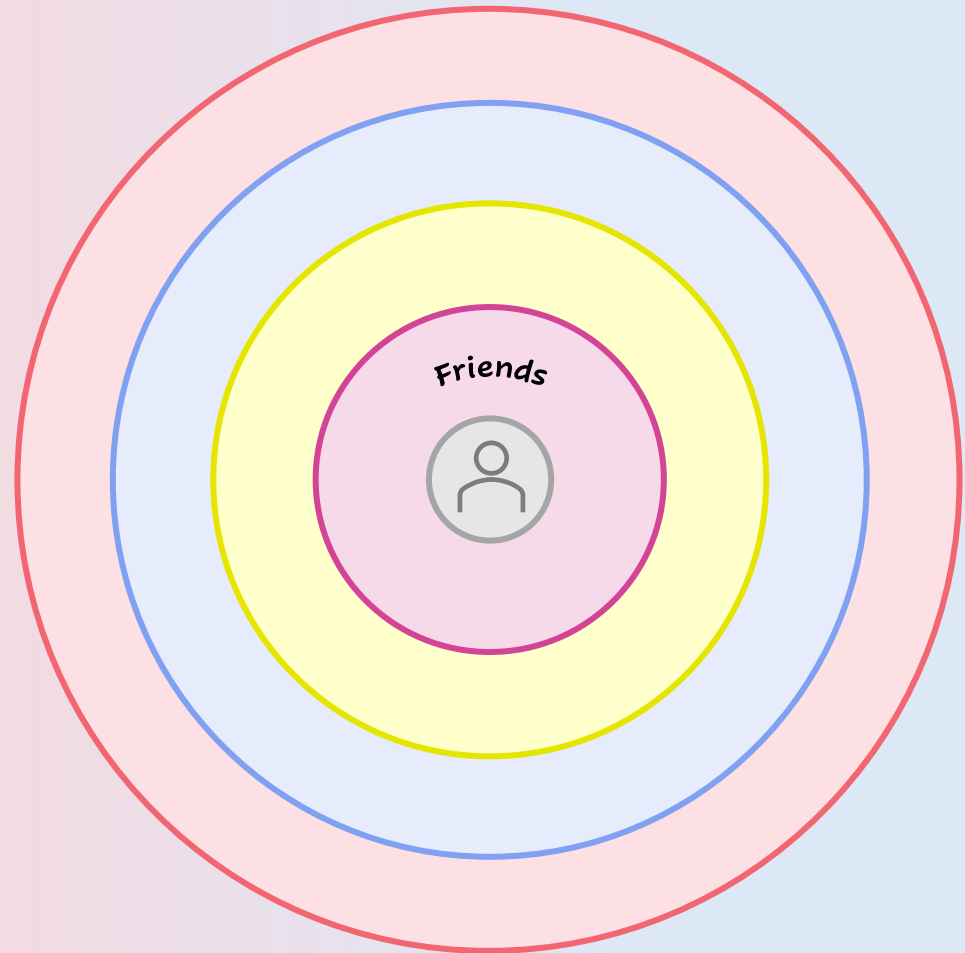
5 You're not alone

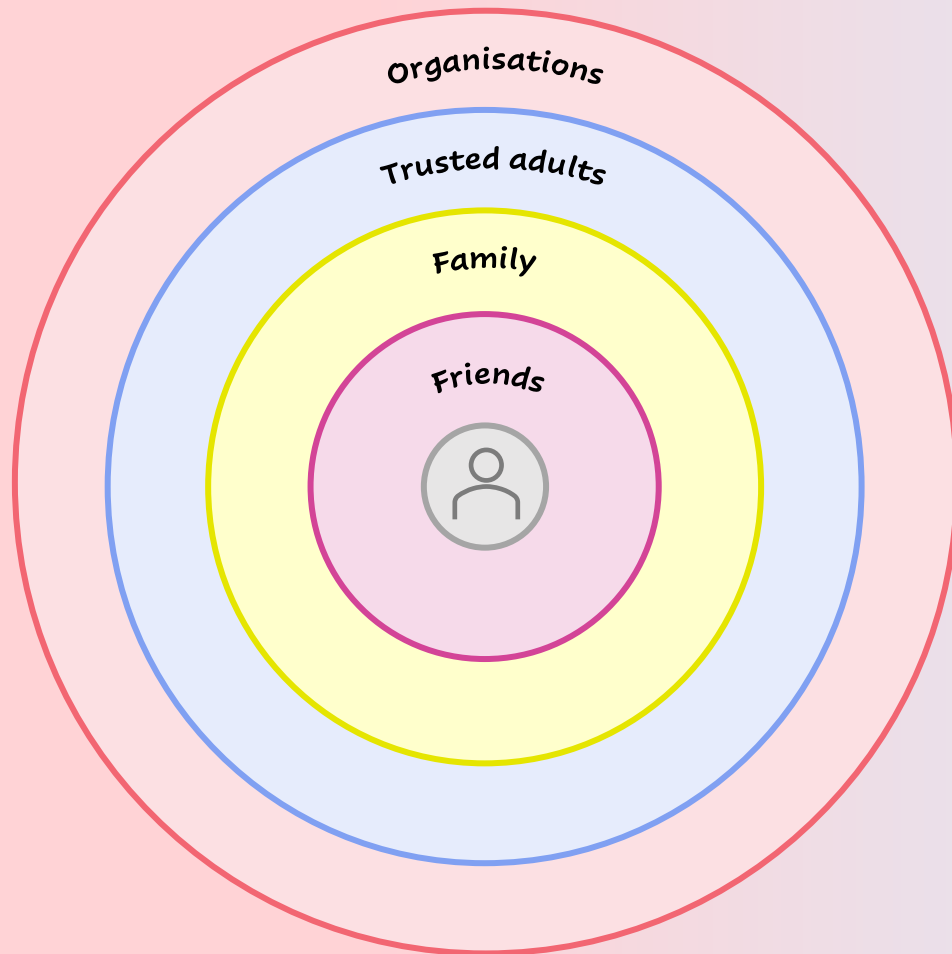


Peer support is just **one of the ways** to **support** someone who is **grieving**.

Pair activity (2-3 mins)

Who else could help someone who is grieving? Put one group into each circle of support.





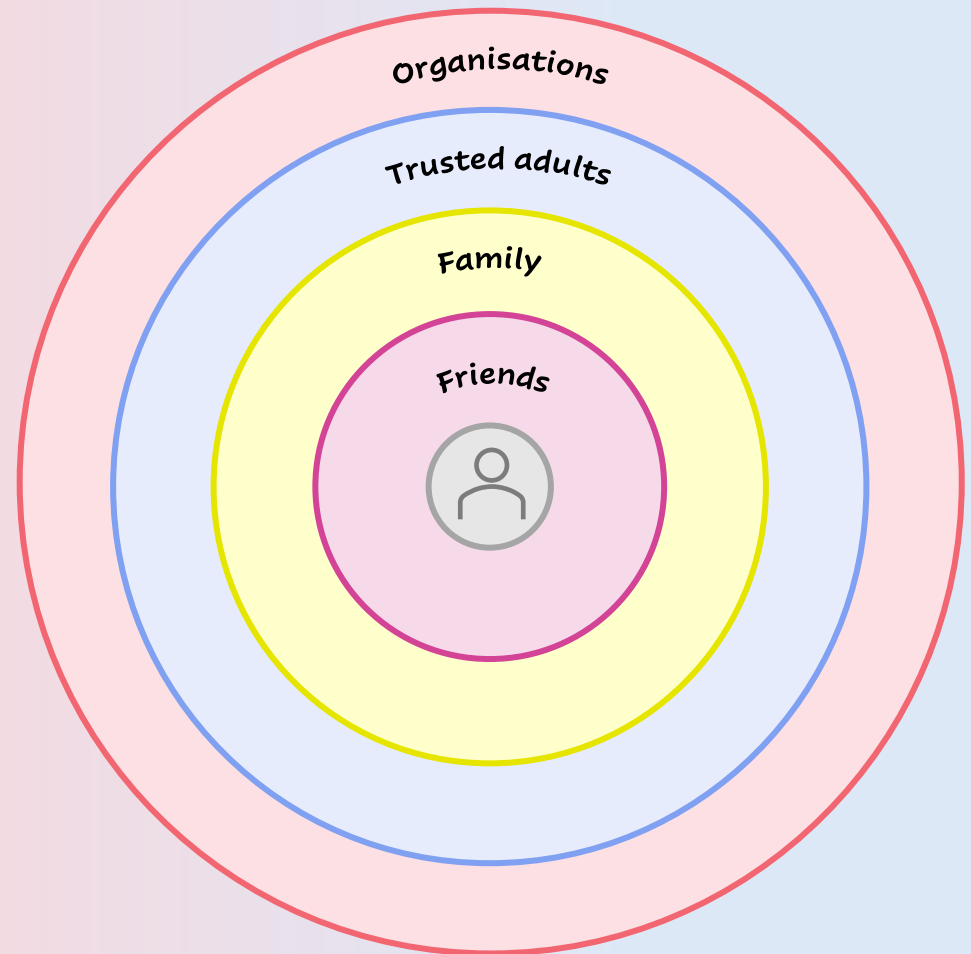
Organisations like **Childline**, **Hope Again** and **Child Bereavement UK** can help **bereaved young people** and the **people supporting them**.

Challenge (1 min)

Why is important to have different groups of people supporting someone who is bereaved?



Supporting a bereaved person can be tiring for both your **body** and your **mind**. So, don't forget to **look after yourself** too!



Now's your chance to vote on: "Would you know how to support a friend if someone important to them died?"

Yes

I know that I can do little things to help someone who is grieving.

I think I know some things I could say to help someone who is grieving.

I know I have to take time to rest my body and my mind in order to help others.

I would rather wait until someone asks for help so that they have space.

I feel unsure about the best thing to say to someone who is grieving.

I don't know how to help someone with such a big feeling.

No

We will be sharing your thoughts on this topic with Child Bereavement Network, Grief Encounter, Winston's Wish, Sibling Support, Cruse Bereavement Support.

Log in to your VotesforSchools account to submit your vote and leave a comment.