

Primary 5-7 Lesson



Be informed.

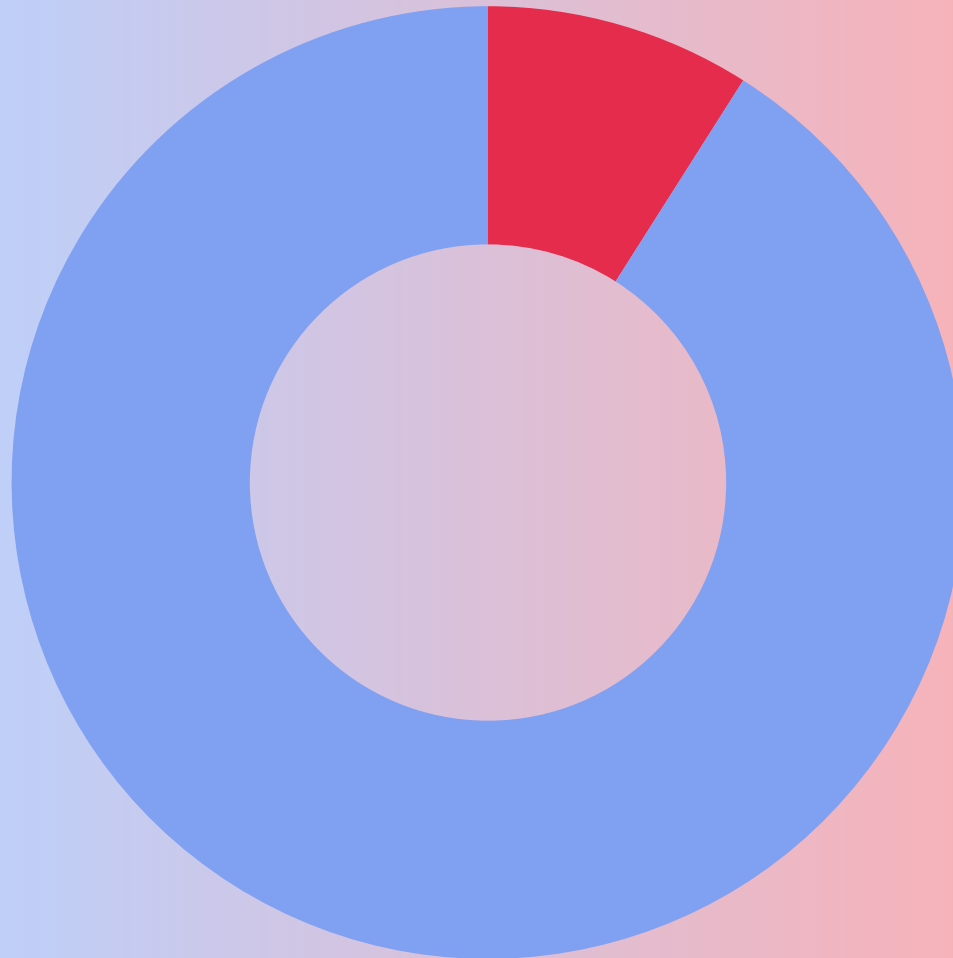


Be curious.



Be heard.

Your latest results: “Are you worried about children in Israel & Palestine?”



Yes

91%

No

9%

35,306 children & young people voted this week.

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 Why are we talking about this?



From **16th-23rd November**, it is **Children's Grief Awareness Week**.



Grief:
Very strong feelings. Grief **feels different** for everyone.
It can be felt in someone's **body** as well as their **mind**.

1 Why are we talking about this?



We feel **grief** when someone has **died**.
But what **happens** when someone dies?

When someone dies, **their body stops working**.

They **do not need anything to eat or drink**
anymore, and **they cannot feel anything**.

1 Why are we talking about this?



Usually this happens when people are **older**.

Because their **body has stopped working**, they **cannot come back**, even though **we may really want them to**.

1 Why are we talking about this?



Grief is one of **the biggest feelings** we go through.

This week, we are thinking about how to **support** a **friend** with these feelings.

Support:
Helping someone
with their **feelings**.



2 The shape of grief



Individual activity (3-5 mins)

We know **grief** is a **strong feeling**, but **what does that look like?** Think carefully about the questions on the next few slides. If you feel **comfortable**, **put your hand up to share your ideas** with your teacher.



How long do you think grief lasts?

Grief can last **any amount of time**. It doesn't have a **time limit**.

Sometimes **people do not feel grief straight away**.

Sometimes people **think they are feeling better**, and then they feel grief strongly again.

Put your hand up to share your ideas.



How do people act when they are grieving?

Some people might not be able to do their **usual activities**.

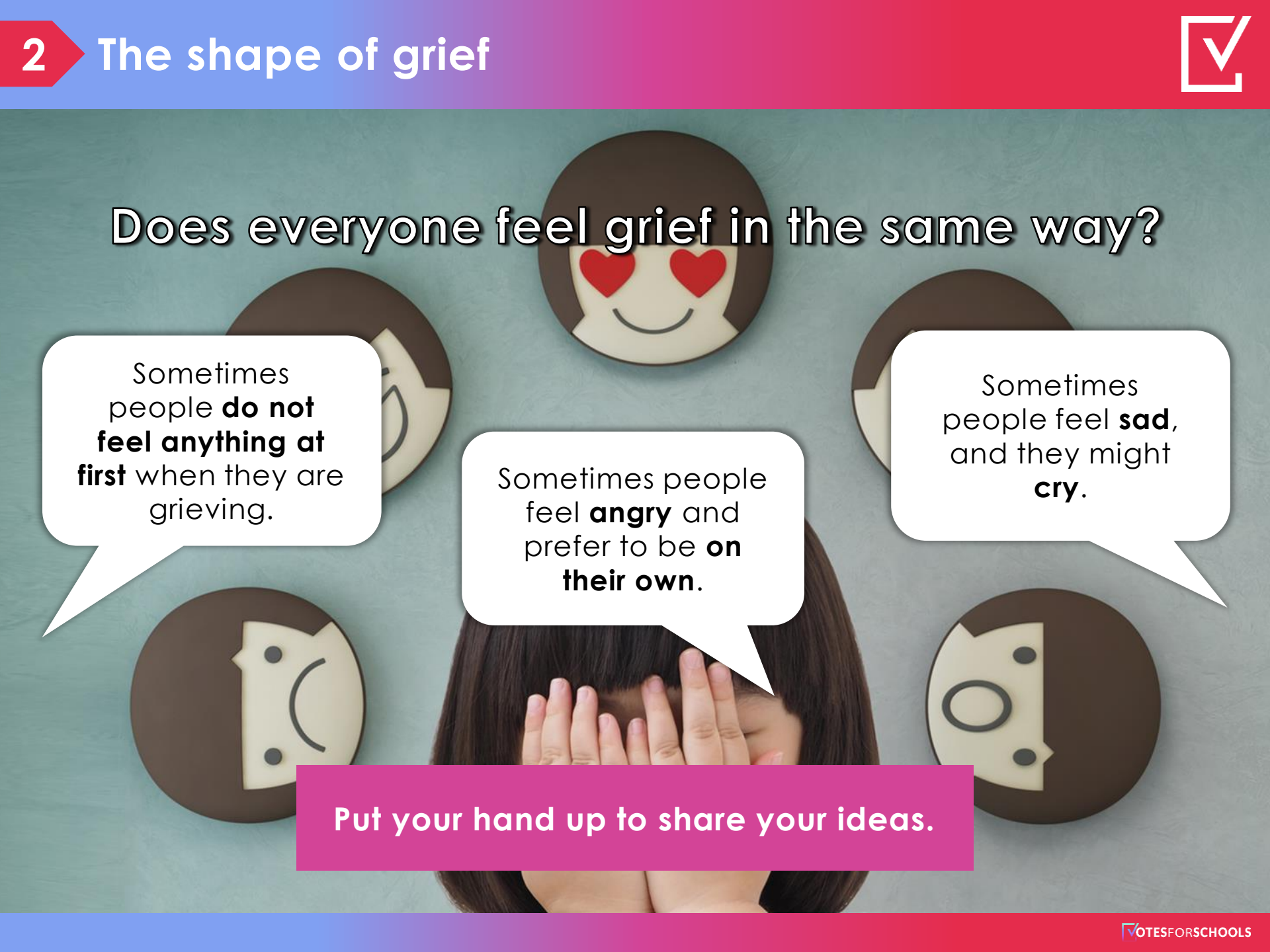
Sometimes people **will become angry** about things.

Sometimes people might want to **stay very close** to the **people they love**.

Put your hand up to share your ideas.



Does everyone feel grief in the same way?



Sometimes people **do not feel anything at first** when they are grieving.

Sometimes people feel **angry** and prefer to be **on their own**.

Sometimes people feel **sad**, and they might **cry**.

Put your hand up to share your ideas.



Is it true that you can only grieve for family members?

You can grieve for **anyone** that was **important** to you.

You might grieve for **friends, family** or **role models**.

Many people **feel grief very strongly** for their **pets**.

Put your hand up to share your ideas.

3 Mind and body



When someone is grieving, it can affect their **mind** and their **feelings**.

It can be tricky for them to **look after their body** too.

They might find it hard to **eat** and **sleep** well.





Pair activity (3-5 mins)

On the next few slides, you will see some ideas about how to **support** someone who is grieving.

Talk to your partner to decide whether the idea helps someone's **mind** or their **body**.

Hands on your head if you think the idea is **supporting** their **mind**.

Hug yourself if you think it is **supporting** their **body**.





Bringing them their favourite food



Mind



Body

Which did you pick? Why?



Sitting with them and colouring at playtime



Mind



Body

Which did you pick? Why?



Listening to them talk about how they are feeling



Mind



Body

Which did you pick? Why?



Lending them your jumper if they are cold



Mind



Body

Which did you pick? Why?



Everyone is **different**, so you might feel **unsure how to help** someone who is grieving.

Sometimes it is more helpful to **ask them questions** than to give them advice.

Advice:

Giving people ideas about what they should do or how they should act.



Whole class activity (3-5 mins)

On the next few slides, you will see some examples of children dealing with grief. **Two friends will be trying to help.** Can you **point** to the person who is asking a **helpful question**?



Curriculum link - English

A **question mark** is used at the end of a question. See if you can spot them to help you work out **who is asking a question!**





Isobel's gran died a few weeks ago. She has shouted at her friends while they were playing together.

Calm down!
Shouting is
not nice!

I'm sorry
Isobel. What
can we do
to help?

Isobel gives
the **chance** to
ask **what she needs**.

Who is asking a helpful
question?



Since Yusuf's dog died, he has not gone out to play tig. His friends are worried about him.



Would you like us to do something else with you instead?



Play tig – it will make you feel better to do something normal!



Who is asking a helpful question?



Hannah has been playing as usual since her cousin died, and she is acting just as she did before.



Have a good cry! It will help you move on!



How are you today?



Who is asking a helpful question?



Child Bereavement Network is sharing resources that teachers and pupils can use to create a **Sharing Shapes mural** where children can draw pictures of the **people who support them**. You can access these resources [here](#) from Thursday 16th November 2023.

On the next slide, you will think about **important people** in your own life who could support and comfort **you**.

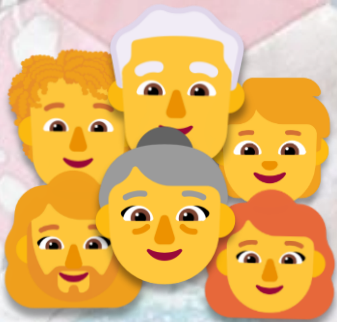


Whole class activity (2-3 mins)

When you are **grieving**, or **supporting someone who is grieving**, it is a good idea to think about **people in your life** that can **help you to look after yourself**. Share your ideas about **which people** can help you.



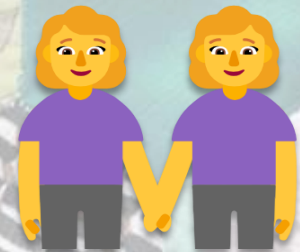
Teachers



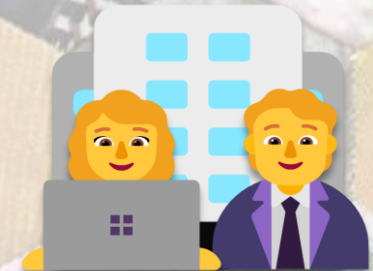
Family members



Who would
you choose to
support you?



Friends



Organisations

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 grieving.

I feel like I can be there for someone even if I don't do anything.

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

I feel unsure about the right thing to say.

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

I would rather wait until they ask me for help so that they have space.

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.