



# HEALTHIER MINDS

## EAST RENFREWSHIRE COUNCIL

**Bereavement, Loss and Grief**  
**Curricular Resource**  
**Curriculum for Excellence Overview**

Stage	Theme	Es & Os	Summary
<b>EARLY LEVEL</b>			
<b>Primary 1</b>	<b>Learn</b>	I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 0-01a	<p>Read or listen to 'The Paper Dolls' by Julia Donaldson</p> <p>Follow Up Tasks:</p> <ul style="list-style-type: none"> <li>• Discuss feelings related to loss</li> <li>• Create own Paper Dolls to represent family and people who are close to them</li> <li>• Create feeling faces to show different emotions.</li> </ul>
	<b>Explore</b>	I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a	<p>Show lifecycle film to help the children discuss lifecycles, change and ageing.</p> <p>Follow Up Tasks:</p> <p>Act out a scenario involving change with puppets e.g. friend has moved away, moved house, moved school, a pet has died.</p> <ul style="list-style-type: none"> <li>• Ask the children to predict how the puppet might feel about the change</li> <li>• Ask the children if anything has changed for them, how they felt, who helped them? What helped?</li> </ul> <p>Children create storyboard to show how the puppet experienced change.</p>
	<b>Grow</b>	I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a	<p>Outdoor Learning - Invite the children to pick up the objects, explore patterns, textures, colours, sounds.</p> <p>Ask children about their understanding of flowers and their lifecycles – Collect lots of leaves, flowers, sticks, bark, seashells etc to create some transient art.</p> <p>Talk about the objects used. Are they dead or alive?, Think about how the objects will change over time. Remember the lifecycle – what other animals do we know about that go through big changes in their lifespan?</p>

**FIRST LEVEL**

<p><b>Primary 2</b></p>	<p><b>Learn</b></p>	<p>I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 1-01a</p> <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 1-02a</p>	<p>Read 'Saying Goodbye to Hare': <a href="https://www.youtube.com/watch?v=5zp_oyBqi_0">https://www.youtube.com/watch?v=5zp_oyBqi_0</a></p> <p>Discussion: When someone dies their special spark of life lives on in our hearts. This is because we have special memories of the person.</p> <p>Follow Up Tasks:</p> <ul style="list-style-type: none"> <li>1 - Fill a BIG heart with special memories you have.</li> <li>2 - Design a class memory box just like Hare and Rabbit.</li> </ul> <p>Key Learning – Death is part of life.</p>
	<p><b>Explore</b></p>	<p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 1-07a</p> <p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 1-04a</p>	<p>Recap 'Saying Goodbye to Hare'.</p> <p>Discussion: Buzzard explains to Rabbit how life moves on and changes using the cycle of life in the woodland seasons. Explore the cycle of life in the woodland seasons. Think about how your life has changed.</p> <p>Follow Up Tasks:</p> <ul style="list-style-type: none"> <li>1 - Make a timeline/pictures of your life in leaves.</li> <li>2 - Where does your body hurt? On a body outline, draw or write all your different worries and where you feel them in your body.</li> </ul> <p>Key Learning – Changes in life can be very difficult.</p>

	<b>Grow</b>	I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. HWB 1-06a	<p>Discussion: It's OK to feel angry and sad. How can we identify our feelings and manage them?</p> <p>Follow Up Tasks:</p> <ol style="list-style-type: none"> <li>1. Imagine it is a stormy day. Draw a stormy cloud and inside draw what anger looks like to you. Draw raindrops and inside them draw what sad looks like to you.</li> <li>2. Identify things that make you happy – create a picture</li> </ol> <p>Key Learning: As you grow, learn to accept your feelings.</p>
<b>Primary 3</b>	<b>Learn</b>	I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 1-07a	<p>Begin by talking about the invisible suitcase:  <a href="https://www.youtube.com/watch?v=wmzy6fRLcCU">https://www.youtube.com/watch?v=wmzy6fRLcCU</a></p> <p>Discussion: Dead or alive? Look at pictures and decide if they are dead or alive?  <a href="http://www.winstonswish.org/wp-content/uploads/2020/10/WW-PSHE-KS1-L1-A5-Dead-and-alive-cards.pdf">http://www.winstonswish.org/wp-content/uploads/2020/10/WW-PSHE-KS1-L1-A5-Dead-and-alive-cards.pdf</a></p> <p><b>What Does Dead Mean?</b></p> <p>Use film clips to generate discussion  <a href="#">Moana's grandmother dies</a>  <a href="#">Inside Out Bing Bong dies</a>  <a href="#">Lion King Mufasa dies</a></p> <p>You may like to ask if any of the children have ever had a pet that has died. If so, get them to share their stories, maybe write the name of all the pets that have died up on the board.</p> <p><b>Main Activity:</b>  Watch 'The Small Creature': <a href="https://www.youtube.com/watch?v=Ks2DOoZtZ4A">https://www.youtube.com/watch?v=Ks2DOoZtZ4A</a></p> <p>Pupils create their own story around the theme of 'loss'.</p>

	<b>Explore</b>	<p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 1-04a</p> <p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 1-07a</p>	<p>Discussion: When someone dies, memories provide comfort.</p> <p>Follow Up Tasks:</p> <ol style="list-style-type: none"> <li>1. Make a sculptured memory or draw a memory: The child will make a sculpture or picture of a tangible memory, something he/she enjoyed doing with the person who died.</li> </ol> <p>Materials needed:</p> <ul style="list-style-type: none"> <li>• Play Dough or Clay, paper</li> </ul> <p>Grief is like a Maze</p> <p>To help the child know that it is normal to “hit walls” and sometimes to “get stuck” in a feeling for a little while.</p> <ul style="list-style-type: none"> <li>• Use the maze resource to help them navigate tough times – discuss barriers and things that might help them move forward</li> </ul>
	<b>Grow</b>	<p>I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 1-01a</p>	<p>Discussion: Discuss people, animals, places or things they miss. Encourage discussion about some of the emotions people might feel when they think about things they miss – happy, sad, angry and that all emotions are ok.</p> <p>The Puzzle of You – Pupils create a jigsaw puzzle to celebrate themselves. This may include their losses, achievements, friendships, likes/dislikes, good times and difficult times in their lives.</p>
<b>Primary 4</b>	<b>Learn</b>	<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.</p>	<p>Starting to explore and understand feelings associated with loss and grief using a story – The Heart and the Bottle and the impact of bottling feelings.</p>

		HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a	<a href="#">The Heart and The Bottle by Oliver Jeffers - YouTube</a> Follow up activities include designing a bottle for feelings.
	<b>Explore</b>	I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a	Understanding the Growing around Grief model and the things we can do to grow around grief.  Activities include creating 'A Pocket full of Plasters' to help ourselves and others.
	<b>Grow</b>	I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a	Using doodling as a tool to cope with difficult situations and feelings.
<b>SECOND LEVEL</b>			
<b>Primary 5</b>	<b>Learn</b>	I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 2-04a I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 2-01a	Starting to explore and understand feelings associated with loss and grief using the film Archie the dog <a href="https://www.bbc.co.uk/cbeebies/grownups/archie-the-dog">https://www.bbc.co.uk/cbeebies/grownups/archie-the-dog</a> Activities include considering Archie's story and how to continue it
	<b>Explore</b>	I am aware of and able to express my feelings and am developing the ability to talk about them.	Understanding the Growing around Grief model and the things we can do to grow around grief.

		<p>HWB 2-01a</p> <p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. HWB 2-06a</p>	<p>Use of the film The Invisible Suitcase to explore feelings and opening up about how we feel.</p> <p><a href="#">The Invisible Suitcase   Child Bereavement UK - YouTube</a></p>
	<p><b>Grow</b></p>	<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 2-02a</p> <p>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances. HWB 2-03a</p> <p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 2-07a</p>	<p>Exploring the concept of Hope relating back to Archie. Activities include preparing a letter, drawing or diary page to send to Archie.</p>

Primary 6	Learn	<p>I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 0-01a / HWB 1-01a / HWB 2-01a / HWB 3-01a / HWB 4-01a</p> <p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 2-07a</p>	<p>Looking at lifespans to consider how all things that are alive have beginnings and endings. Understanding feelings connected with loss and grief using Michael Rosen's Sad Book <a href="#">Sad Book - FulcoLibrary's DEAR - YouTube</a> Follow up discussions around growing around grief and what can help.</p>
	Explore	<p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a</p>	<p>Using memories to bring comfort as a coping strategy for grief. Poem – I Remember- pupils are encouraged to create their own poem about making memories.</p>
	Grow	<p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a</p>	<p>Being Grateful and 3 Good things: Using gratitude as a coping strategy pupils are encouraged to take Michael Rosen's lead and think of at least 3 good things to help them manage strong feelings.</p>
Primary 7	Learn	<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</p>	<p>Exploring feelings connected with loss and grief using film clips: <a href="#">Favorite Pixar's Up scene ever - Ellie and Carl's relationship through time, Sad scene - YouTube</a></p> <p>Introducing the Bereavement project in small groups create a powerpoint presentation, comic strip or poster to demonstrate some of the key themes of grief and bereavement <a href="https://discovery.dundee.ac.uk/ws/portalfiles/portal/40776533/Comics_Bereavement_Final_a_.pdf">https://discovery.dundee.ac.uk/ws/portalfiles/portal/40776533/Comics_Bereavement_Final_a_.pdf</a> <a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a> <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a></p>



			<p>Projects should seek to answer at least 3 of these questions:</p> <ol style="list-style-type: none"> <li>1. What different feelings are involved in grief?</li> <li>2. How and why should adults talk to children about death and grief?</li> <li>3. What are some helpful and unhelpful ways to respond to someone who is grieving?</li> <li>4. What might grieving young people need?</li> <li>5. What are some good strategies for coping with feelings of grief?</li> <li>6. How can you help a friend who is grieving? What could you say or do?</li> </ol>
	<b>Explore</b>	<p>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.</p> <p>HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a</p>	<p>small groups create a powerpoint presentation, comic strip or poster to demonstrate some of the key themes of grief and bereavement</p> <p><a href="https://discovery.dundee.ac.uk/ws/portalfiles/portal/40776533/Comics_Bereavement_Final_a.pdf">https://discovery.dundee.ac.uk/ws/portalfiles/portal/40776533/Comics_Bereavement_Final_a.pdf</a></p> <p><a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a></p> <p><a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a></p> <p>Projects should seek to answer at least 3 of these questions:</p> <ol style="list-style-type: none"> <li>1. What different feelings are involved in grief?</li> <li>2. How and why should adults talk to children about death and grief?</li> <li>3. What are some helpful and unhelpful ways to respond to someone who is grieving?</li> <li>4. What might grieving young people need?</li> <li>5. What are some good strategies for coping with feelings of grief?</li> <li>6. How can you help a friend who is grieving? What could you say or do?</li> </ol>
	<b>Grow</b>	<p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a</p>	<p>Groups can present their projects to the class or other groups</p> <p>Session is finished off with self regulation activities.</p>
<b>THIRD/FOURTH LEVEL</b>			

S1	<b>Learn</b>	<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.  HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</p> <p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.  HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a</p>	<p>Learning what grief is, how it can impact on people differently, and that there is no right or wrong way to grieve. Analogy of growing around grief.</p> <p>Activities are focussed on understanding the emotions associated with grief. Create a Grief Wheel to explore the different emotions and feelings someone grieving could feel. For example:</p> <ul style="list-style-type: none"> <li>• Grateful (happy, pleased, thoughtful) – that the person had been alive for a long time and had brought love into the family</li> <li>• Angry – that the person had gone and they would never see them again</li> <li>• Anxious – that someone else they loved might die</li> <li>• Panicky – that they might not be able to cope without them</li> <li>• Guilty – that it's their fault.</li> </ul>
	<b>Explore</b>	<p>I am aware of and able to express my feelings and am developing the ability to talk about them.  HWB 0-01a / HWB 1-01a / HWB 2-01a / HWB 3-01a / HWB 4-01a</p> <p>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.  HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a</p>	<p>Extending from previous lesson, how feelings of grief might affect behaviours. Activity using the Grief Wheel to add behaviours. Explore as a class what might be the barriers to a bereaved person talking about their grief/experiences. Ask pupils to think about what could help other young people manage their grief.</p> <p>Use Michael Rosen's 'Sad Book' to illustrate further (<b>insert link</b>).</p> <p>Link to Winston's Wish as a service that can provide support and advice.</p>

		I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a	
	<b>Grow</b>	<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</p> <p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. HWB 0-06a / HWB 1-06a / HWB 2-06a / HWB 3-06a / HWB 4-06a</p>	<p>Understanding about the mental wellbeing continuum, and what we can all do to develop resilience and positive coping strategies. Focussing on how our thoughts, feelings and behaviours are all interlinked. Sometimes it's hard to change our thoughts, but by trying to change our behaviours this can have a positive impact on the cycle. Allow discussion about the cycle.</p> <p>Activity: What are the feelings in our body when we are anxious/stressed? What can we do to help these physical feelings, and what impact could this have?</p> <p>End lesson with a breathing exercise.</p>
S2	<b>Learn</b>	I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.	<p>Exploring the ways in which we can remember someone who has died, and ways to manage feelings of grief and loss. Using Banksy image as a stimulus to explore pupils current understanding of how to cope with grief. Dr Selman created a festival to help people talk about grief, this can be shown to support the discussions in class. Discussion about difficult days (birthdays and anniversays) and how this might be more challenging. <a href="https://www.bbc.com/news/uk-england-bristol-50838904">https://www.bbc.com/news/uk-england-bristol-50838904</a></p>

		<p>HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</p> <p>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.</p> <p>HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a</p> <p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.</p> <p>HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a</p>	<p>Activities: Coping with grief- videos from children talking about their own experiences. Explore the coping strategies discussed- these can be added to pupils mindmaps.</p> <p>Things to do dominoes- to help link feelings with coping strategies. No right or wrong answers. Pupils can discuss why they feel the strategies may help through a game of dominoes</p>
	<p><b>Explore</b></p>	<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.</p> <p>HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</p> <p>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and</p>	<p>Using the materials from last lesson, give the pupils time to demonstrate their knowledge and understanding through a task of their choosing:</p> <ul style="list-style-type: none"> <li>• <b>Design a leaflet on bereavement</b> - subheadings might be: what is bereavement / top tips to manage grief / self-care ideas / ways to remember loved ones.</li> <li>• <b>Write instructions on (or draw and label) how to create a memory box</b> and give suggestions on what to put in it. This activity has a support sheet available (<b>Memory Box Support Sheet</b>)</li> <li>• <b>Write a letter to a friend</b> who has lost someone and in it offer some advice and suggest ways they could reach out and get support.</li> <li>• <b>'What can help with grief'</b> worksheet</li> </ul>

		<p>emotional support to help me and others in a range of circumstances.</p> <p>HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a</p>	
	<b>Grow</b>	<p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.</p> <p>HWB 0-06a / HWB 1-06a / HWB 2-06a / HWB 3-06a / HWB 4-06a</p> <p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a</p>	<p>Exploring general health and wellbeing, what happens in our bodies when we experience anxiety/stress. Looking at mental wellbeing continuum, physical responses in the body, and how thoughts, feelings and behaviours are interconnected.</p> <p>Short film by the Princes talking about sharing your feelings with others  <a href="http://www.youtube.com/watch?v=nWyp1sFkZ4A">www.youtube.com/watch?v=nWyp1sFkZ4A</a></p> <p>Activity: Highlighting importance of self care at all times (not just during a loss). Cup activity, encourages pupils to reflect on the activities/people that make them happy and feel good. Write or draw as many as they can in their cups, and reflect on how much time they spend doing these things.</p>
S3	<b>Learn</b>	<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.</p> <p>HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</p>	<p>Identifying the pupils' understanding of terms related to loss and grief and why people die. Exploring feelings connected with loss and grief and impact on people.</p>
	<b>Explore</b>	<p>I understand that my feelings and reactions can change depending</p>	<p>Using 'Learning about Loss cards' to generate discussion about the impact of loss and death on people.</p>

		<p>upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.</p> <p>HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a</p>	<p>Exploring the concept of ‘puddle jumping’ as a natural response to a bereavement.</p> <p>Exploring customs from around the world to generate discussion about death and dying.</p> <p><a href="http://www.youtube.com/watch?v=sSawpU81cl">www.youtube.com/watch?v=sSawpU81cl</a>  <a href="http://www.youtube.com/watch?v=f0PljYMg_fQ">www.youtube.com/watch?v=f0PljYMg_fQ</a></p> <p>Reflecting on who we are grateful for and why – how can we let them know?  Understanding that doing this is also good for our emotional wellbeing. Pupils can create a poem, letter or poster about gratitude.</p>
	<b>Grow</b>	<p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a</p>	<p>What do we do to take care of ourselves? What could we do more of or less of?  <a href="https://www.youtube.com/watch?v=Mqqxi8mt4t0">https://www.youtube.com/watch?v=Mqqxi8mt4t0</a></p> <p>Use individual reflection questions to make small changes.</p>
<b>SENIOR PHASE</b>			
<b>S4</b>	<b>Learn</b>	<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.</p> <p>HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</p>	<p>Exploring feelings related to loss and grief in pairs – current understanding.  Using the video, explore how we might help a friend  <a href="https://www.youtube.com/watch?v=0FL62iMC7AA">https://www.youtube.com/watch?v=0FL62iMC7AA</a></p> <p>Using case studies as discussion starters consider key questions:</p> <ul style="list-style-type: none"> <li>• How is the character feeling?</li> <li>• How are they behaving?</li> <li>• What difficulties are they facing?</li> <li>• Who else in the scenario might be affected?</li> </ul> <p>Research task to explore what might help a young person manage their grief.</p>
	<b>Explore</b>	<p>I am learning skills and strategies which will support me in challenging times, particularly in</p>	<p>Continue the research task from the Learn session.  Further activities include:</p> <ul style="list-style-type: none"> <li>• Writing a letter to one of the case studies</li> </ul>

		relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a	<ul style="list-style-type: none"> <li>• Creating an infographic, poster or leaflet to promote coping strategies</li> </ul> <p>Explore their own understanding of death prompted by statements.</p>
	<b>Grow</b>	<p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a</p> <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</p>	<p>Using memories to help them keep a person close is no longer with them – use the template to record memories.</p> <p>Grounding techniques – practicing techniques which can help during difficult times and to manage strong feelings</p>
S5	<b>Learn</b>	<p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a</p>	<p>Using the film discuss the reactions and feelings of the young people to loss and grief. <a href="https://www.youtube.com/watch?v=qgrRoJyljeQ">https://www.youtube.com/watch?v=qgrRoJyljeQ</a></p> <p>Explore facts and myths</p> <p>Start to consider what to say to others who have been bereaved.</p>
	<b>Explore</b>	<p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.</p>	<p>Explore theories of grief to enhance the pupils' understanding of the experience of grief and loss. Pupils discuss each of the theories and how death might impact someone's life after a bereavement and what might help them.</p>

		HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a	
	<b>Grow</b>	<p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a</p> <p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.</p> <p>HWB 0-06a / HWB 1-06a / HWB 2-06a / HWB 3-06a / HWB 4-06a</p>	<p>Understanding the concept of resilience and how we can boost our own emotional health and wellbeing</p> <p><a href="https://www.youtube.com/watch?v=1FDyiUEn8Vw">https://www.youtube.com/watch?v=1FDyiUEn8Vw</a></p>