



Giving hope to grieving children

Learning about loss and bereavement

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Our learning question:

How could loss and bereavement affect someone's feelings?



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How can we make sure everyone feels safe and valued in this lesson?



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How can we make sure everyone feels safe and valued in this lesson?

- Confidentiality
- Listen to each other
- Remember that everyone has the right to be heard and their opinion/beliefs respected
- Ask a question if you feel confused
- Ensure everyone has their chance to speak and avoid comments that may be harmful to others
- We have the right to pass
- Be kind and respectful to anyone who does share feelings or thoughts today

Anything else that would help us to keep everyone feeling safe and valued?

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How is Michael Rosen feeling?



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What objects do we lose?



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Q. How do you think someone would feel if they lost the item in the picture?



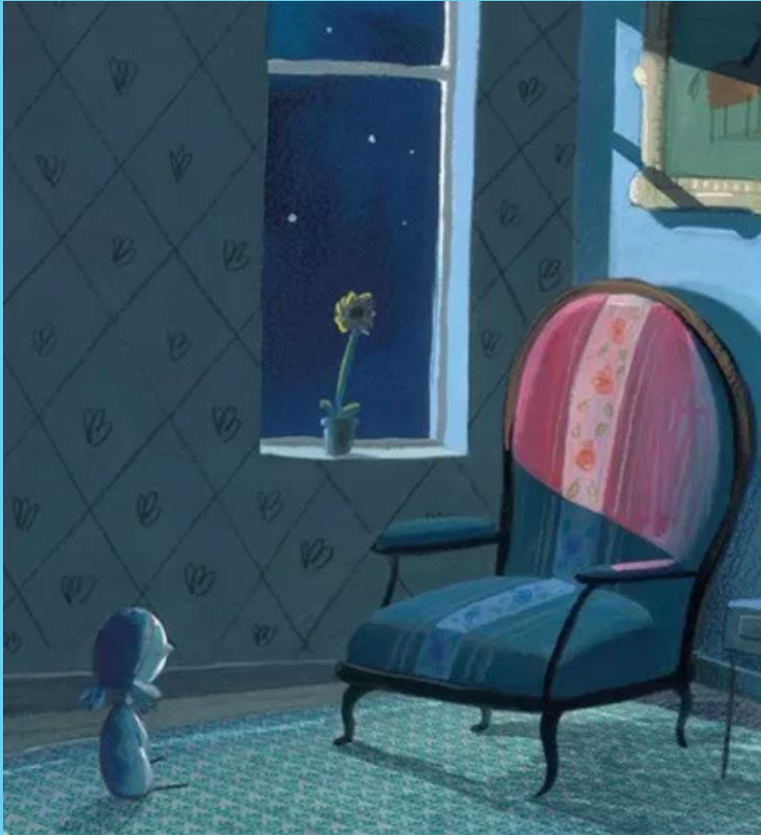
Q. What could they do to cope with this loss?



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Feelings and loss and grief



- Losing a treasured object or useful possession can be annoying, painful and upsetting.
- This gives us a tiny glimpse into how painful the feelings of loss are when a pet or person dies.

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Match the words and definitions

Loss

Bereavement

is the term to describe
the experience of having
someone important die

Grief

the fact or process
of losing something
or someone

is the way someone feels,
including intense sadness
and a range of other feelings,
after someone has died

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Click the Picture to hear the story

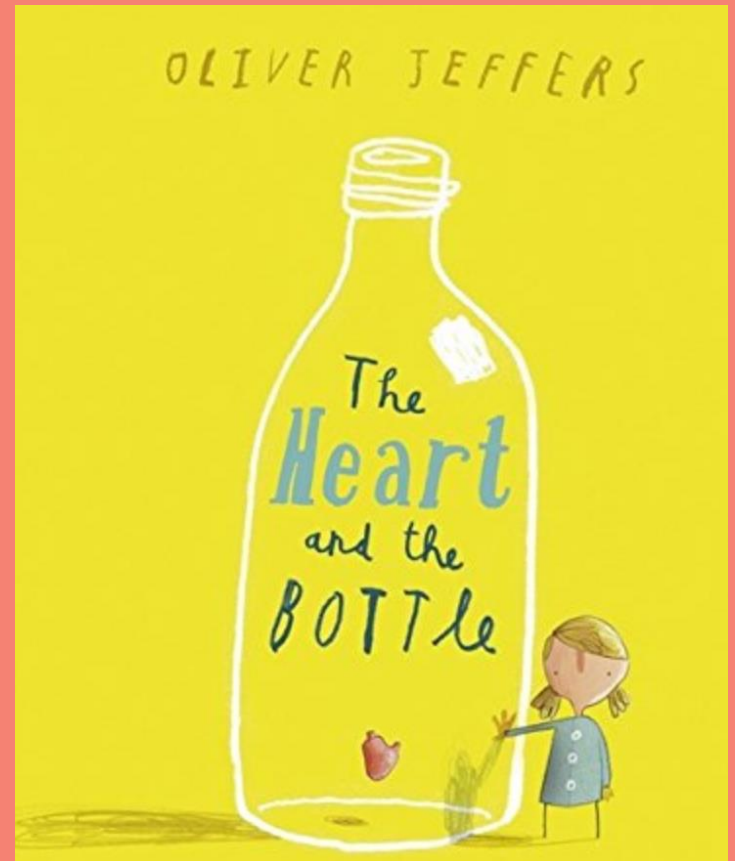
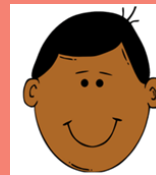
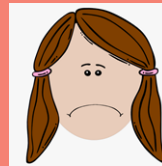
The story includes the death of a loved grown up.

The main character has happy and sad feelings.

The story has a hopeful ending.

You might have strong or difficult feelings listening to the story and that is OK.

It is ok to ask for help or ask questions if you need to.



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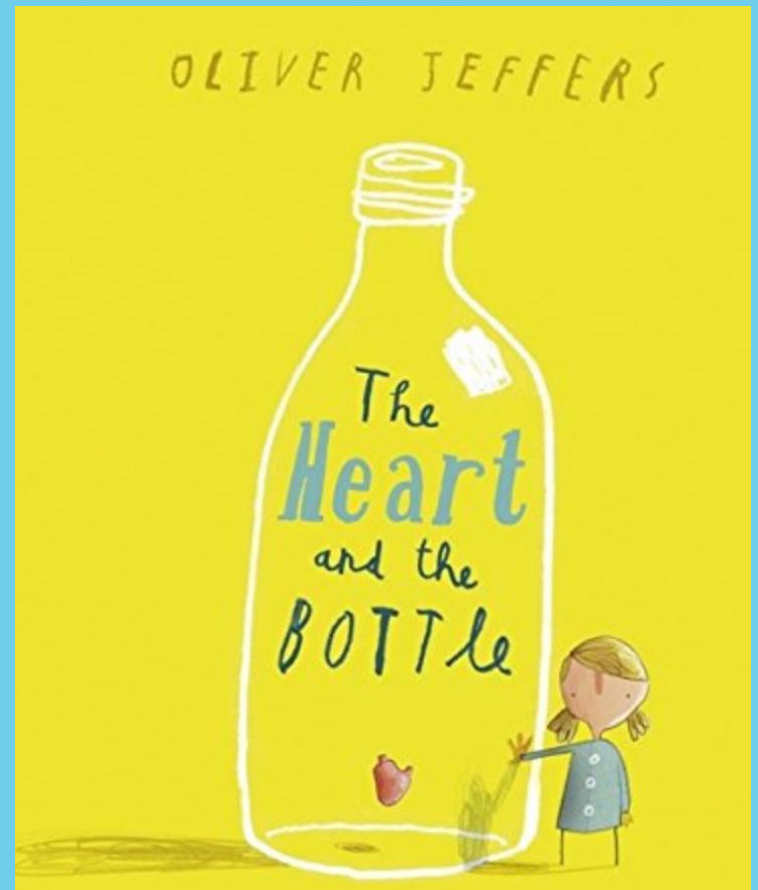


First responses

What are your first thoughts about the story?

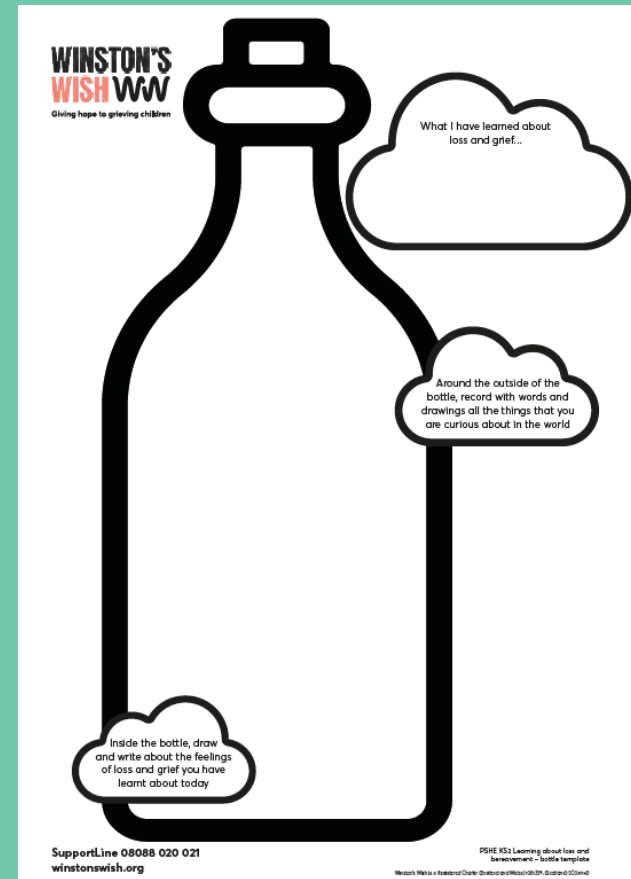
- What did you like?
- What didn't you like?
- Can you explain what happened in the story?
- Can you describe the feelings in the book?
- Do you have any questions about the story?

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Let's fill our bottles

- Draw and write the feelings that were in the story.



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Do you agree or disagree?

Agree_____ Disagree

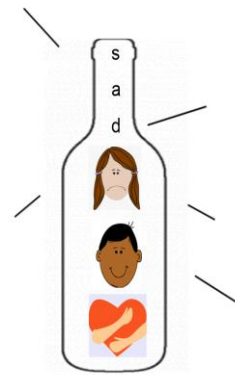
- If you hide your sad feelings, you won't feel upset anymore.
- It is OK to be sad, and it can help to cry, and share your feelings.
- It is OK to be happy sometimes when someone you loved has died.



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At the end of the story the young girl unlocks her heart from the bottle and re-discovers her joy and curiosity in the world.



Write all the things you are curious about, interested in or make you feel joy around the outside of the bottle.

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How has our learning grown today?

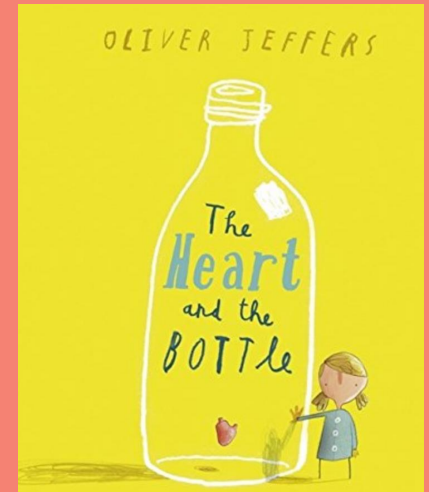
What have you found out about loss and how a bereavement can affect someone's feelings?

I have found out that loss can make someone feel ...

What have you found out about that helps with sad feelings?

I have found out that...

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It's OK to ask for help

- If you are left with strong feelings or if you have a question, who could you talk to?
- Who could you talk to in school?

It's OK to ask
for help



"We can talk
with someone
about
anything, even
if it feels awful
or small"



Contact **Childline** or your parent/carer could get in touch with **Winston's Wish**:

By phone: 08088 020 021

By email:

ask@winstonswish.org

By online chat:

<https://www.winstonswish.org/online-chat/>

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