

# Dealing with Grief and Loss

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



To explore what grief is and how it affects people

To understand how grief can impact people in a variety of different ways and how you can support a friend or family member

To evaluate what support networks are available to help those grieving

## NEW VOCABULARY

Grief, Loss, Bereavement  
Denial, Bargaining,  
Acceptance, Trauma,  
Depression



## STARTER ACTIVITY

What do the terms grief and loss mean?  
How does the song link to these terms?  
What emotions might somebody feel towards the loss of a pet?



3 Minutes

# GROUND RULES



Be open and honest  
**No Personal Comments**  
Discussions must be about  
'general situations'



You don't have to say  
things about yourself if  
you don't want to

**It's OK to be embarrassed**  
by a topic but don't show  
that you are embarrassed  
through silliness



## Be Respectful

Listen & don't interrupt others  
Only 1 person talking at a time  
Use the agreed appropriate  
Language (Avoid slang terms)



**Don't Make Assumptions**  
about people's values,  
attitudes, behaviours, life  
experiences or feelings

## **PSHE CLASSROOM RULES**

### **DEALING WITH SENSITIVE TOPICS**

### **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

There are **no stupid questions**  
It's OK to get things wrong

## Be Non-Judgemental

No put-downs. Challenge  
the opinion, not the  
person



Conversations on sensitive  
topics stay in the  
classroom unless it is a  
**safeguarding issue**

**Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support**

# Dealing with Grief and Loss

ASSESSMENT  
FOR LEARNING

## BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I can explain what grief and loss are										
I understand the range of emotions people may feel when grieving										
I know what I could do to try and help support someone who is grieving										



2 Minutes

Complete a baseline assessment of where you think you are at for this lesson  
(Discuss or complete sheet)



I'm not confident at all on this topic



A little confident



Confident



Very confident



I am super confident on this topic



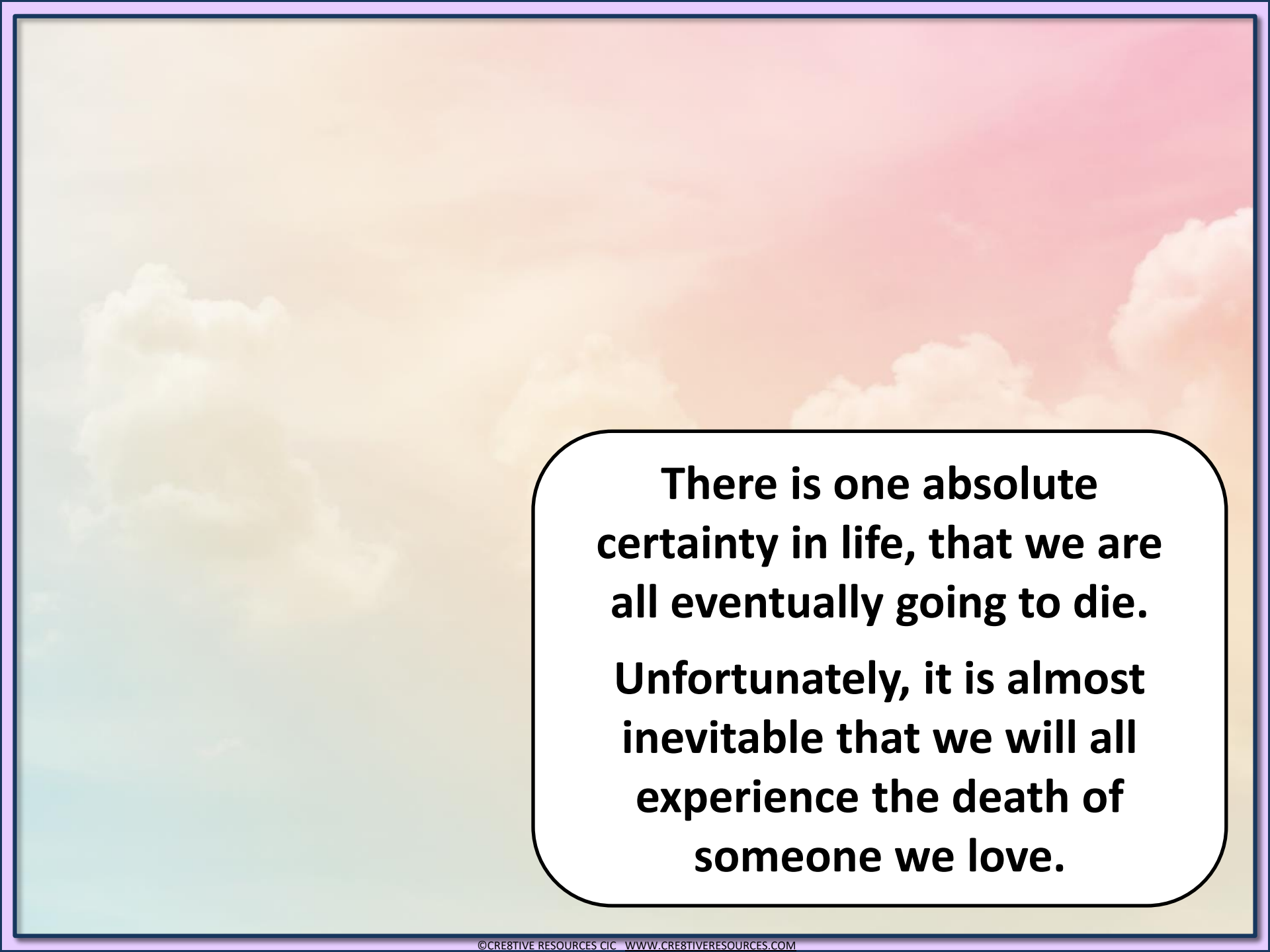
# IMPORTANT INFORMATION



- Listen to what people have to say and be sensitive to their views and experiences.
- Your peers may get upset in this lesson , support them and be sensitive to this.
- You do not need to share anything you do not feel comfortable with.
- THINK before you say anything that could cause upset.

**SENSITIVE  
ISSUE**





**There is one absolute certainty in life, that we are all eventually going to die. Unfortunately, it is almost inevitable that we will all experience the death of someone we love.**





**Probably, one of the worse things that can happen in life is to experience the death of a loved one.**

**There is no one way or a right way of coping with loss and it is important to remember that. Especially when trying to understand what you, a friend, or family member is going through.**

**The Grieving  
Process:  
Coping with  
Death**

**4 Minutes**

**PLAY VIDEO**

**“It’s not just about coping with loss, it’s also about coping with change”**

**Denial: “This can’t be happening to me.”**

**Anger: “Why is this happening? Who is to blame? Why has he/she left me?”**

**Bargaining: “Make this not happen, and in return I will \_\_\_\_.”**

**Depression: “I’m too sad to do anything.”**

**Acceptance: “I’m at peace with what happened.”**

**If you are experiencing any of these emotions following a loss, it may help to know that your reaction is natural and that you’ll heal in time.**

**However, not everyone who is grieving goes through all of these stages.**



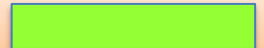
YOU DECIDE: MYTH



UNSURE



FACT



The pain will go away if you just ignore it.

(CLICK TO REVEAL)



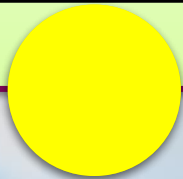
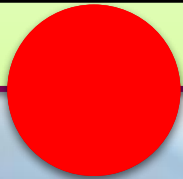
It's important to be "be strong" in the face of loss.

(CLICK TO REVEAL)



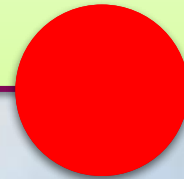
If you don't cry, it means you aren't sorry about the loss.

(CLICK TO REVEAL)



Grief should last about a year.

(CLICK TO REVEAL)



# What emotions might someone feel who is grieving a loss?

## Did you know?

*Losing someone or something you love is very painful. After a significant loss, you may experience all kinds of difficult and surprising emotions, such as shock, anger, and guilt. Sometimes it may feel like the sadness will never let up. While these feelings can be frightening and overwhelming, they are normal reactions to loss. Accepting them as part of the grieving process and allowing yourself to feel what you feel is necessary for healing.*

A

B

C

D

E

F

**Task**

Which three of these emojis do you most associate with grief and loss?

I

J

K

L

M

N

**Grieving is a personal and highly individual experience. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and the nature of the loss.**

**The grieving process takes time. Healing happens gradually, it can't be forced or hurried and there is no "normal" timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.**



## How can you help a friend at school who is dealing with a loss?

**If you know your friend is grieving, but is in school trying to get on with lessons, try to be compassionate.**

**You could:**

- **Make sure you watch out for them in lessons and have tissues with you in case they get upset.**
  - **Ask your friend if they would like you to have a discreet word with the teacher at the start of the lesson to put the teacher in the picture.**
- **Help your friend by photocopying your notes that they may have missed**

### **Did you know?**

*While you can't take away the pain of the loss, you can provide much-needed comfort and support. There are many ways to help a grieving friend or family member, starting with letting the person know you care.*

# What would you like to hear?

Do you want to do something to take your mind off it?

How are you feeling today?

I understand if you don't want to talk about it

Is there anything I can do for you?

I know today may be tough for you

## Did you know?

*It can be tough to know what to say or do when someone you care about is grieving. It's common to feel helpless, awkward, or unsure. You may be afraid of intruding, saying the wrong thing, or making the person feel even worse. Or maybe you feel there's little you can do to make things better.*

## Tasks

Come up with another 3 things that YOU would want to hear if you had recently suffered a loss



See a grief  
councillor

Listen to Podcasts  
like 'Grief Cast'

Speak  
to some you  
trust

Recognise grief  
as an emotion  
and that it is a  
part of life

## Tasks

Create a wall of ideas of how someone could deal with their grief and loss  
(Bring your ideas to the board on post-it-notes)



# Who would be your pillars of support when dealing with a loss?

**Friends**



**Family Members**



**School Teachers**



**Medical Professionals**



**Other Trusted Adults**



**The Police**



**Local Religious Leaders**



**Charities & Support Services**



Discuss with a partner which of these groups of people can offer:  
Reliable help and support on this issue (How do you access this support? Try to be specific)

## Task

Write a poem or prayer about bereavement and loss.



Example:

### Eternal Rest

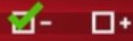
*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.*

How Teens Deal With Grief

4 Minutes



**COVID-19**  
CORONAVIRUS



+

**COVID-19**  
CORONAVIRUS



+

**BLOOD TEST**  
CORONAVIRUS



Covid-19 has caused huge loss and grief across the world over the past few years including a big impact on communities all across the UK.

**Stay Home  
Stay Safe**

STAY POSITIVE





## What Do You Think?



**"The best thing to do if someone is grieving is to leave them alone and give them space"**

### Talking Points



I think that ...  
I don't think... is right because...  
My opinion is...  
I would argue the same because...  
I disagree with... because...  
Building on what... said. I think...  
An alternate way of looking at this is...  
I sort of agree, however....  
I would challenge what.. said because ...

**Do you agree or disagree? Why?**

**Can you add to the statement?**

**Do you have a question about the statement?**

**Would you like to challenge what is being said?**

**Do you have an alternative idea?**





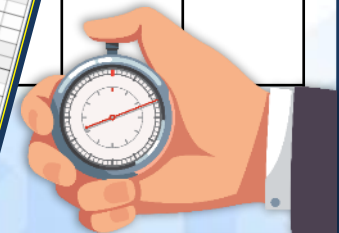
# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

## CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

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A little confident



Confident



Very confident



I am super confident on this topic

# HOMework SUGGESTION

## Homework Explained

Take at least 30 minutes today to do something that makes you feel happy and appreciative of what you have and who you are.

### DUE DATE

Must be submitted by...

Hand / Google  
Classroom







# IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,  
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.  
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- ☐ Child Bereavement UK <https://www.childbereavementuk.org/> supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement. Tel: 0800 028 8840 Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)
- ☐ Podcast called GriefCast by Cariad Lloyd - FREE on any podcast platform
- ☐ <https://www.nhs.uk/> - Loads of information on a very wide range of physical and mental health issues

## SEEKING SUPPORT

HEALTH  
& WELLBEING

# REFLECTION PLENARY



**A problem I overcame today was...**

**Before I only knew...  
now I also know...**

**The key words for this lesson  
were...**

**I'm really proud of the way I have...**

**Today I have tried to...**

**The most important thing I have  
learnt today is...**

**I used to feel ... but I now feel ...**

**Before I would have done...  
Now I will ...**

**Next lesson I would like to...**

**A question I would like to ask  
is...**

**I would like to learn more  
about...**

**I know if I need further support  
or help I could speak to.... or  
contact...**

**I now know I can supported  
others by...**

**One thing I didn't realise was...  
this will help me to...**

**2 Minutes**





# REFER TO MINDFULNESS POWERPOINT

