

PSHEe Bereavement and Loss
Appendix to the PSHEe Policy

Bereavement and loss

Bereavement means the 'loss of something precious'. To children this includes the loss of a parent, sibling, pet, family member through either divorce, moving away or when someone dies. From an early age children should be taught about change and how they should talk/ reflect about it. Children find it difficult to cope with a change in their routine and their behaviour reflects this. They may become upset over things that don't change in their routine that they think should eg, empty chair, clothes, use of their room... They might not want to voice these concerns to people at home for fear of upsetting others.

Children need clear information about what is happening. There are lots of euphemisms which children may hear and become confused over. They may feel guilty over what has happened and begin to think that they were somehow responsible. Teachers need to talk with the parents and have a clear understanding of what approach they want to take and what information the child knows.

Suggested Activities to support Bereavement and Loss could include:

- Memory box- add in ideas/memories about things that are important to them. Come back to it (every term or earlier if needed) discuss what they have written and how they feel about it now. This gives children the idea of being able to overcome things and time to reflect. It helps them to talk about it and see how and what helped them.
- Use a template of a body - ask the children to draw or write on it to show how they feel. In the example shown, children used colour pens and drew red spots on the hands and stomach to show where they were angry, drew pictures of a cloud above their head. These were then used as a talking point about how they were feeling. Older children added words and sound effects.
- Make a memory flower pot- children to add ideas about the person who has died, even if it they do not know them that well. They can add ideas to send messages, prayers or thoughts about their own experiences to help encourage the children to talk and help the child who is grieving.
- Daily picture board- children to draw a picture of themselves and use this to indicate how they are feeling that day. Use a chart split into 4 sections. Eg happy, upset, excited, angry. Children in the morning to put their picture in the correct section to show how they are feeling that day. This encourages children to become aware of other children's feelings and the adults to be aware of how the child was feeling before they came to school. They could change it throughout the day.
- Other ideas; letters, cards, collages, balloon with messages, poetry, prayers, photos, create a quiet place in the classroom, circle time, children sharing ideas with other children who have experienced similar.

Teaching about loss and Bereavement should be encouraged to be taught throughout the curriculum before events occur.

Objectives:

To help children understand human experiences of loss, change and death.

To support children and families when sad things happen.



To help children grow up to know that they can talk about death and loss (that it is not a taboo subject)

To help children express and explore their feelings so that they are able to understand other people's situations.