

Guidance Related Learning
4 Lesson Unit on ‘Addressing Anxiety around Loss and Grief’

Introduction – As this is a very sensitive issue and may resonate personally with students at particular times because of their own personal situations it is important to chat to them ahead of time about this unit of learning, explaining that loss is something that we all feel at different times because of different situations and circumstances and with different levels of intensity. The aim of this unit is to explore the topic of loss and grief as a general human experience mindful of the fact that it may bring up different feelings for people in class. It is important to review all class materials ahead of starting the unit to ensure that you are happy to use them with your class. You may decide that it is appropriate to send a text to parents before starting the unit to let them know and to encourage them to get in contact if they have concerns before, during or after the unit of learning.

Over the 4 classes the aim is

- to look at the various experiences of loss and responses to it by hearing from young people who have experienced it
- to understand that grief is a process that has stages that happens at a different pace for everyone
- to think about how people can build resilience on an ongoing basis and develop coping mechanisms to deal with loss when it happens
- to explore how to care for oneself and how best to support others at a time of loss.

Week 1 – Life experiences that cause a sense of loss and grief & responses associated with such experiences.

<p>Aims – The lesson will</p> <ul style="list-style-type: none"> • Explore the variety of events & experiences where people might feel a sense of loss/grief. • Reflect on how young people describe their experience of loss and grief. • Examine the personal/emotional, social and physical responses to loss/grief 	<p>Objectives – At the end of the lesson the student will be able to</p> <ul style="list-style-type: none"> • Reflect on if/when they feel/felt a sense of loss during Covid-19 • Identity the specific life events/occasions across the lifespan that cause people a sense of loss/grief. • Identify the various responses that people have to loss/grief. • Reflect on their learning in class, on what they are grateful for and what they feel positive about.
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Resources needed – Powerpoint, worksheets

Introduction – As you go through the introduction to the unit with students it is important to point out to them that we all suffer a sense of loss and grief at different stages in our lives and it can bring up lots of different reactions and feelings and that it can be particularly personal for some people. The idea of this unit is to help them understand what happens to us all at a time of loss and grief and to explore ways that might help us to deal with it. Encourage them to reach out to someone in school, at home or in a support organisation if they need to.

Reflection (Brainstorm/Padlet): What are the losses students and anyone else have suffered during Covid-19? What are the everyday and life events that bring up a sense of loss and grief for people?

[Examples may include loss of freedom, sport, travel, loss of money in household, socialising with friends, celebrations of special occasions such as birthdays, confirmations, 6th class graduation, visiting grandparents (Covid) as well as loss of loved one, relation, celebrity they looked up to, a pet, a friendship, loss of a job, loss of opportunity in sport or pastime etc.....)

Activity – Show students to slide on the different types of responses people may have to loss. State that there is no typical responses, it varies from person to person and in different situations and explain that it is possible to broadly categorise these responses into the following categories – personal/emotional, social and physical. Think, pair, share – Ask them to fill in worksheet on fitting the responses in categories and to try to come up with 2 other examples in each category.

Video clip - 'Hope In Grief' (10 minutes) from Cruise Bereavement Care in which teenagers discuss their experience of loss and grief and what helped them to get through it.

<https://www.youtube.com/watch?v=LIWQ0mPAc6E&feature=youtu.be>

Activity: Reflective activity on various responses the young people in the video had to their loss and what helped them in their loss/grief. Take suggestions from the class and share on board or using padlet.

[Examples include memory box, writing things down, light a candle, send a snap/message to a friend or family member, remember good memories – think about good times you spent with them, spending time alone, spending time with a group, try not to get stuck in your own head, counselling, draw pictures]

Reflection Sheet – Each student fills up the sheet – 3 things I learned today, 3 things I am grateful for today & 3 reasons to smile today.

Teacher Resources

https://www.cruise.org.uk/sites/default/files/default_images/pdf/Documents-and-fact-sheets/Restoring_Hope_Jul2017.pdf

<https://www.hopeagain.org.uk/>