Year Group: 4
Term: Summer 1
Subject: PSHCE
PSHCE / RHE focus area: Change, Loss and Grief

Our ground rules for PSHCE at Haslingden Primary School – Remind at the beginning of each unit – this may be a quick recap at the beginning of each lesson or at the beginning of each half term.

- We treat each other with respect.
- We use kind words and kind actions.
- We can pass if we want to.
- We use the correct names for things.
- We don't share personal stories about ourselves, our family or our friends.
- We don't ask our friends or teachers to share personal stories or opinions.

We all stick to the rules!

Lesson One

Lesson 1

Purpose:

P.S.H.E.

- Daily Review
- Vocabulary
- New information (reading)
- Guided/ independent tasks
- Checking for understanding

Lesson 1

Review

P.S.H.E.

1. What does the word resilience mean?

2. Why is it important to keep trying when something is hard?

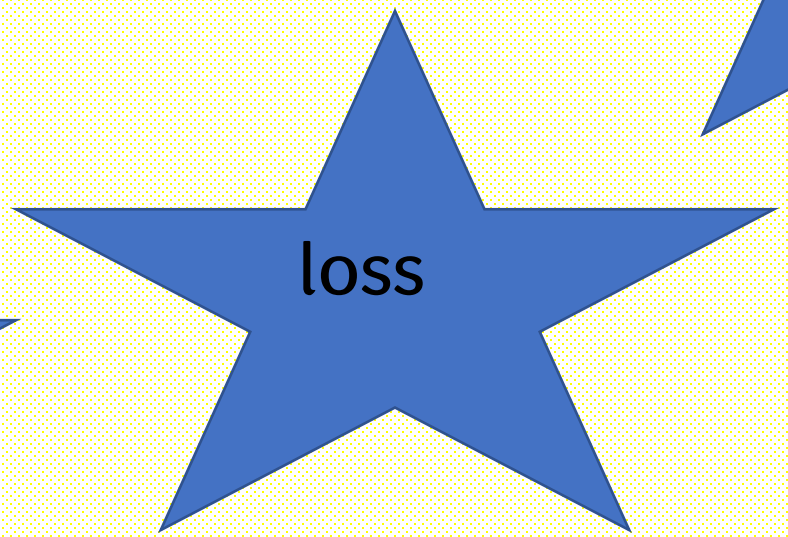
3. Can you name a strategy that helps you stay resilient?

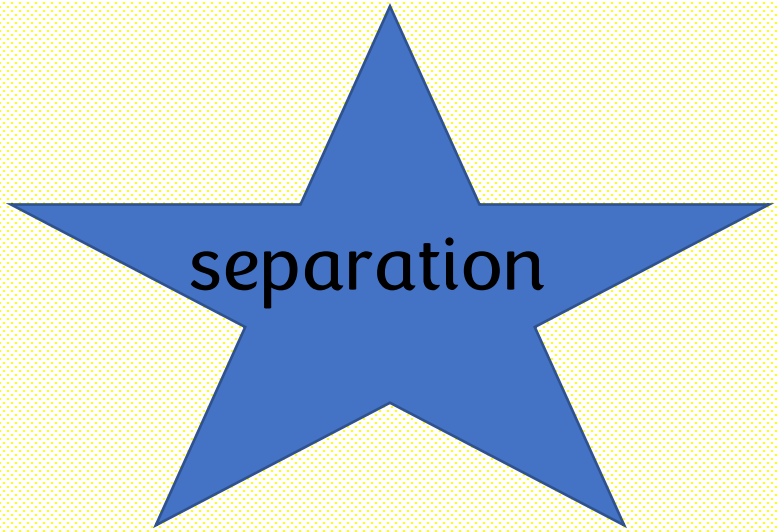
4. What are our ground rules for PSHCE?

Lesson 1

Vocabulary

P.S.H.E.





New information

Purpose: to learn about strategies for dealing with grief

P.S.H.E.

What Is a Life Change?

A **life change** is something big that happens and makes life feel different. Some life changes are happy and some can feel sad or worrying. Sometimes, a life change means we **lose** something or someone important to us and that can cause **grief**.

Grief is not just about someone dying. Children can feel grief when:

- A family member or pet dies
- Parents separate or divorce
- A loved one moves far away
- A family member becomes very ill
- A child changes schools or homes

All these changes can make children feel **confused, upset, angry or worried**.

New information

Purpose: to learn about strategies for dealing with grief

P.S.H.E.

How Grief Can Feel

Grief feels different for everyone. There is no "right" way to feel.

You might:

- Feel sad one minute and okay the next
- Feel angry or frustrated
- Cry more than usual, or not cry at all
- Feel tired or find it hard to concentrate
- Want to be alone, or want more hugs

These feelings are **normal** and **okay**.

New information

Purpose: to learn about strategies for dealing with grief

P.S.H.E.

Helpful Ways to Deal With Grief

1. Talk About Your Feelings
•Talk to a grown-up you trust
•Talk to a friend
•Say how you feel even if it's hard
You can say:
"I feel sad and I don't know why."

4. Keep Routines
•Going to school
•Eating meals
•Getting enough sleep

5. Ask for Help
•Talk to a teacher
•Talk to a family member

3. Remember in Special Ways
•Draw pictures or write memories
•Make a memory box
•Look at photos
•Talk about happy moments

2. Use Calm Activities.
•Drawing or colouring
•Writing feelings in a notebook
•Listening to music
•Playing outside or doing sport
.

Task

P.S.H.E.

Purpose: to learn about strategies for dealing with grief

Scenario 1

Jemal and his family moved to the UK recently, leaving their house and some of their family and friends behind. Jemal just started at his new school. The teachers and pupils are all nice to him, but everything is very different and Jemal doesn't know how to act. He used to be loud and make lots of jokes with his friends, but now he stays quiet in lessons and doesn't sit with anyone at break time. He feels very alone.

What might they be grieving for?

How are they behaving?

How might they be feeling now?

How might they feel in a year's time?

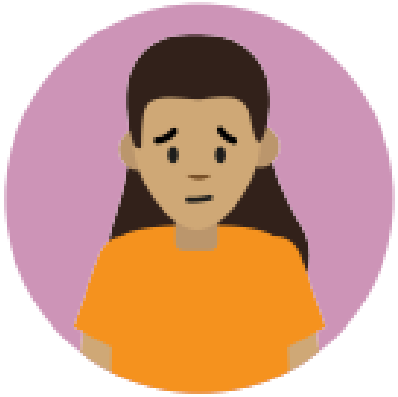
What could they do to help manage their feelings?

Task

Purpose: to learn about strategies for dealing with grief

P.S.H.E.

Scenario 2



Last month, Tara's parents told her that they were separating and that her dad was going to live somewhere else. Tara thought that she should be very brave about it, and not cause a fuss. She thought that if she was on her best behaviour and helped her parents at home, then her dad wouldn't need to leave. But last weekend, her dad moved out of their house. Tara had a big fight with her mum and feels very angry.

What might they be grieving for?

How are they behaving?

How might they be feeling now?

How might they feel in a year's time?

What could they do to help manage their feelings?

Task

Purpose: to learn about strategies for dealing with grief

Scenario 3

Andrea's guinea pig died this week. When her mum told her what had happened, Andrea couldn't stop crying. She had planned to play with the guinea pig last weekend, but was invited to a friend's house and didn't have time to. She is very upset with herself for not spending time with her pet. Her mum said that after some time has passed they could look for a new animal, but Andrea doesn't think she deserves a pet anymore.

What might they be grieving for?

How are they behaving?

How might they be feeling now?

How might they feel in a year's time?

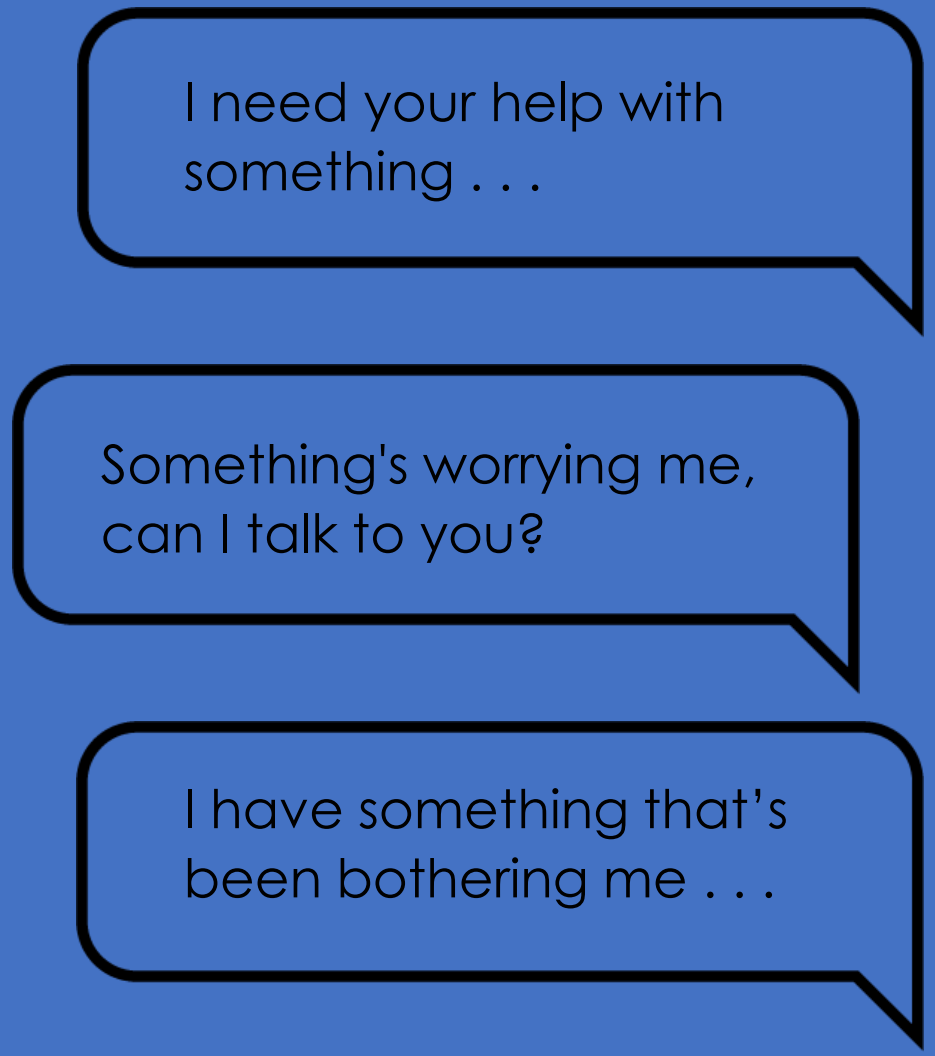
What could they do to help manage their feelings?

Who can help?

If you have any concerns of worries you can…

- speak to an adult in school – a teacher or a helper
- speak to an adult at home - someone that you feel comfortable talking to.

ChildLine Tel: 0800 1111
www.childline.org.uk/kids



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Lesson 1

Checking for Understanding

P.S.H.E.

1. Who can you go to if you need help?

2. Quiet reflection:- how does this apply to me? How can I use this knowledge or skill in my life?

3. What do you think the top 3 most important things that someone can do to manage their grief?

4. What does bereavement mean?

Lesson Two

Lesson 2

Purpose:

P.S.H.E.

- Daily Review
- Vocabulary
- New information (reading)
- Guided/ independent tasks
- Checking for understanding

Lesson 2

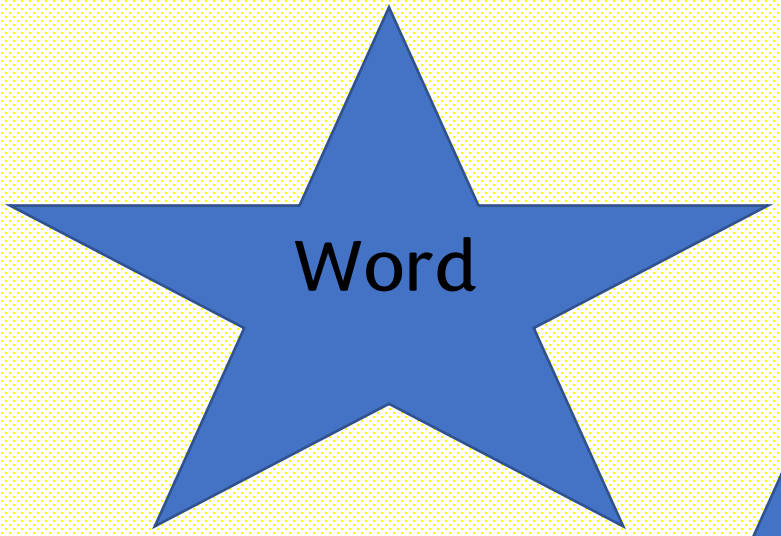
Review

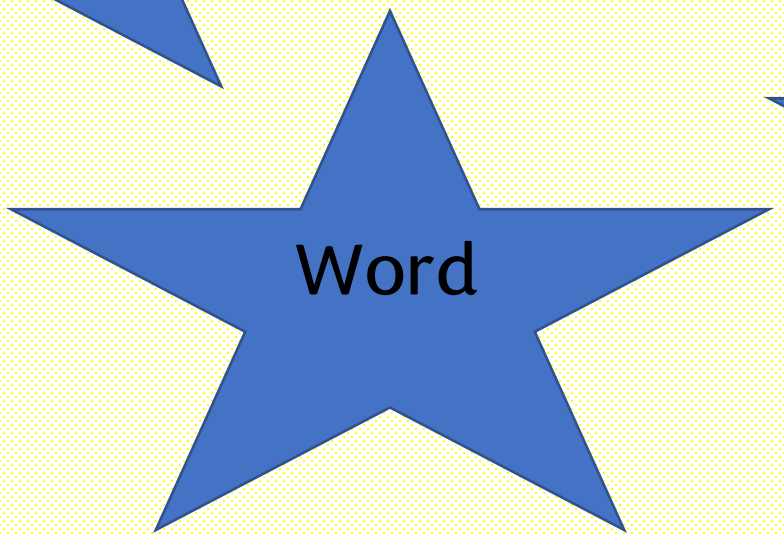
P.S.H.E.

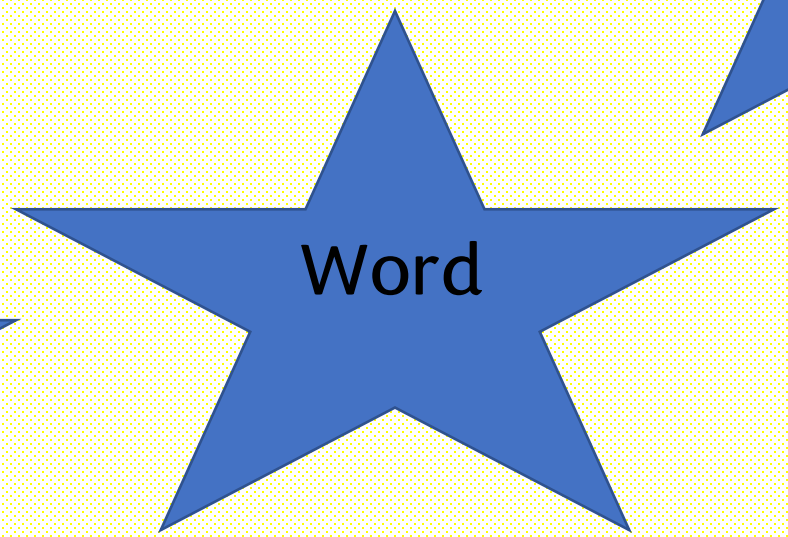
1. Last lesson
2. Last unit
3. Last term
4. Last year

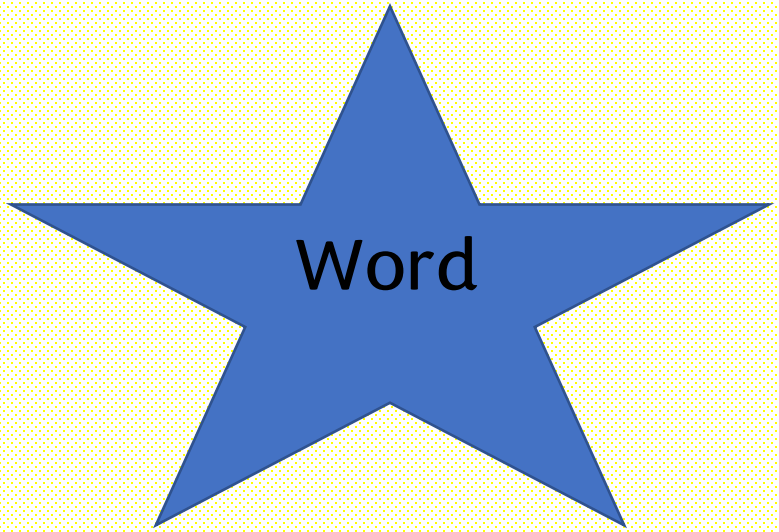
Lesson 2

Vocabulary









New information

P.S.H.E.

Purpose:

Task

P.S.H.E.

Purpose:

Challenge

P.S.H.E.

Lesson 2

Checking for Understanding

P.S.H.E.

1. x

2. x

3. x

4. x

Lesson Three

Lesson 3

Purpose:

P.S.H.E.

- Daily Review
- Vocabulary
- New information (reading)
- Guided/ independent tasks
- Checking for understanding

Lesson 3

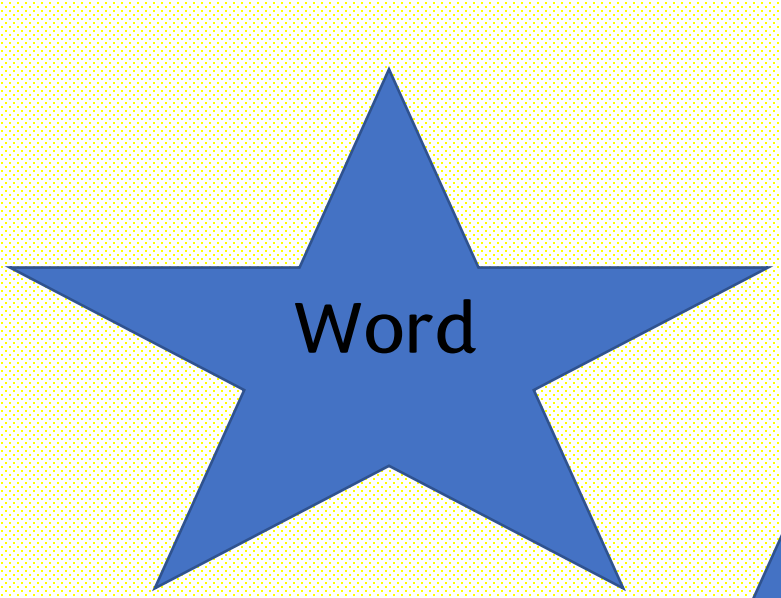
Review

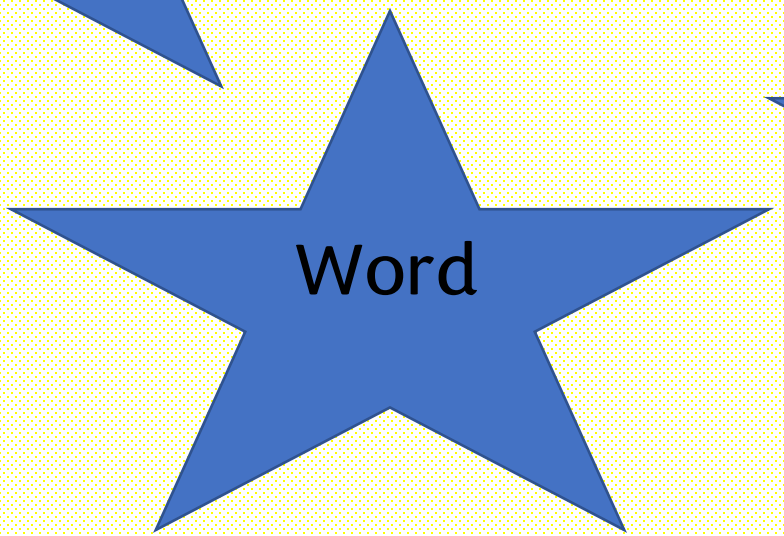
P.S.H.E.

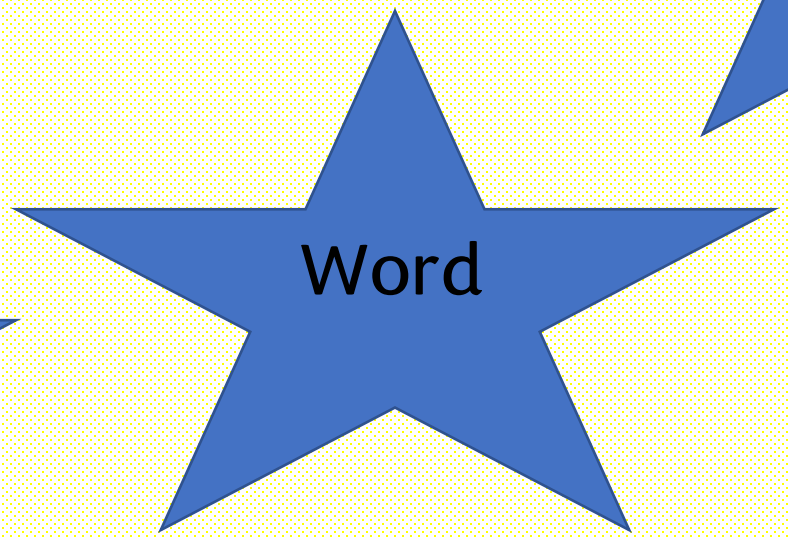
1. Last lesson
2. Last unit
3. Last term
4. Last year

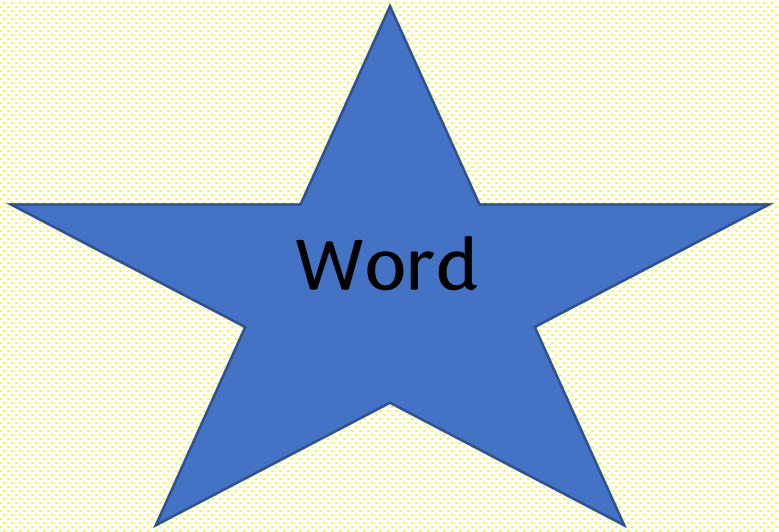
Lesson 3

Vocabulary









New information

P.S.H.E.

Purpose:

Task

P.S.H.E.

Purpose:

Challenge

P.S.H.E.

Lesson 3

Checking for Understanding

P.S.H.E.

1. x

2. x

3. x

4. x

Lesson Four

Lesson 4

Purpose:

P.S.H.E.

- Daily Review
- Vocabulary
- New information (reading)
- Guided/ independent tasks
- Checking for understanding

Lesson 4

Review

P.S.H.E.

1. Last lesson

2. Last unit

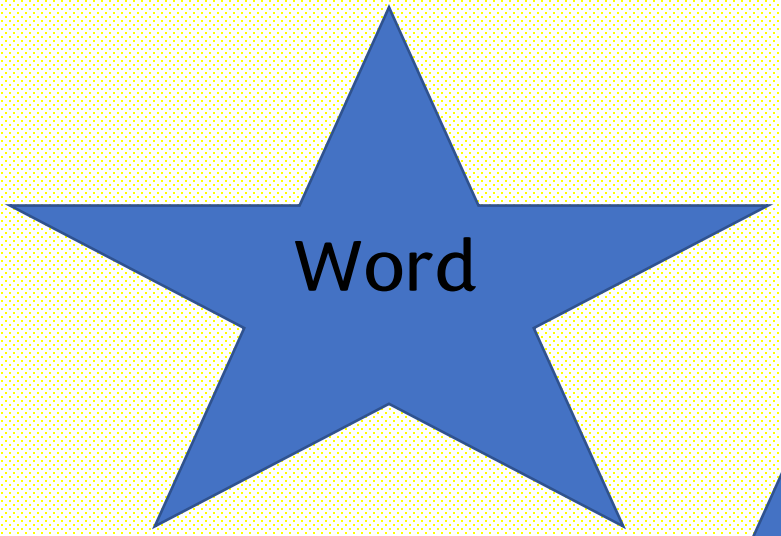
3. Last term

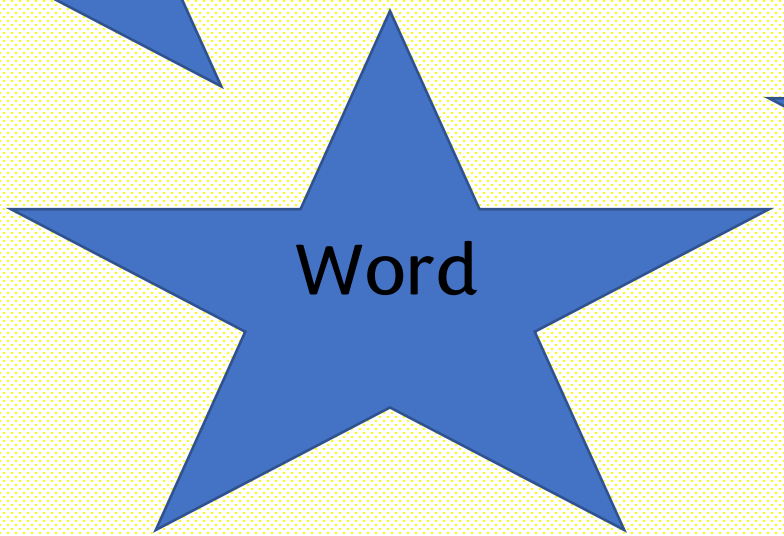
4. Last year

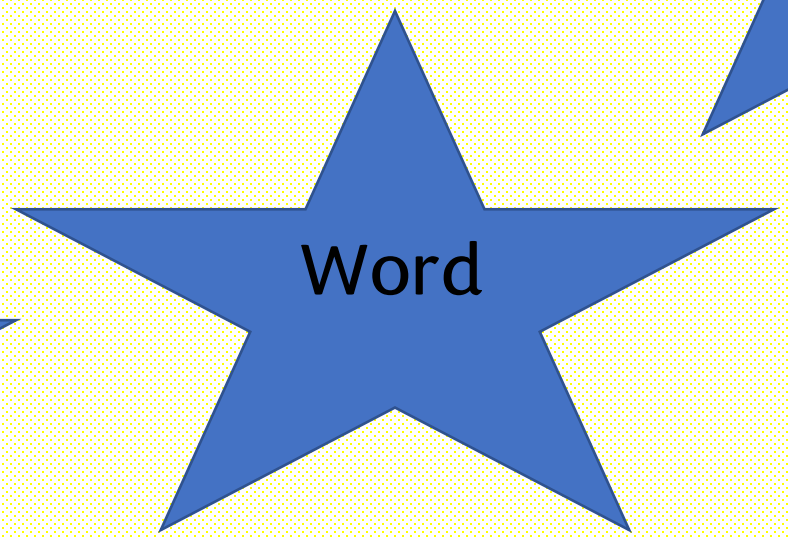
Lesson 4

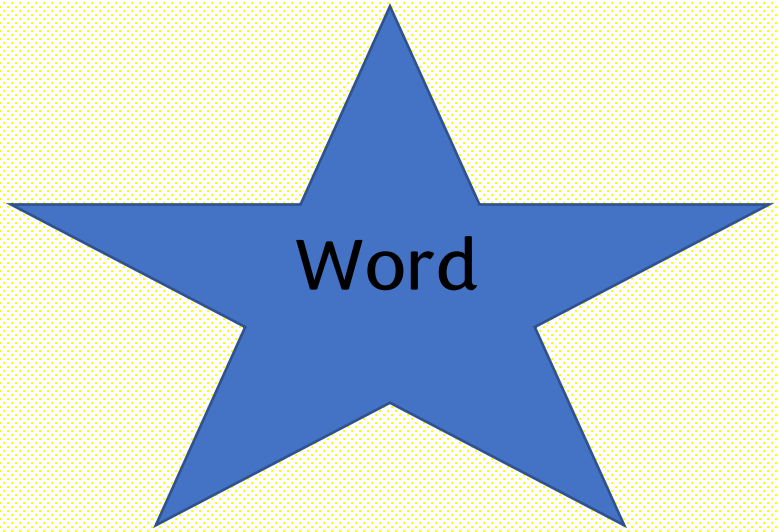
Vocabulary

P.S.H.E.









New information

P.S.H.E.

Purpose:

Task

P.S.H.E.

Purpose:

Challenge

P.S.H.E.

Lesson 4

Checking for Understanding

P.S.H.E.

1. x

2. x

3. x

4. x

Lesson Five

Lesson 5

Purpose:

P.S.H.E.

- Daily Review
- Vocabulary
- New information (reading)
- Guided/ independent tasks
- Checking for understanding

Lesson 5

Review

P.S.H.E.

1. Last lesson

2. Last unit

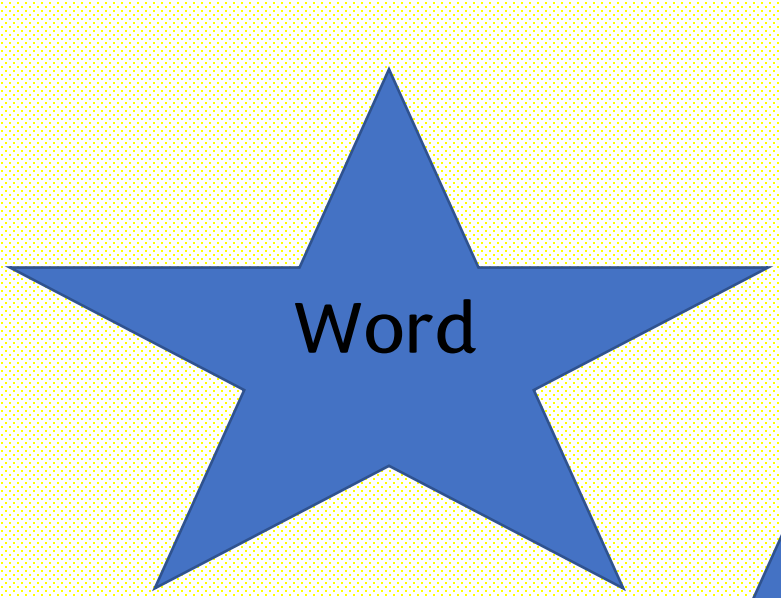
3. Last term

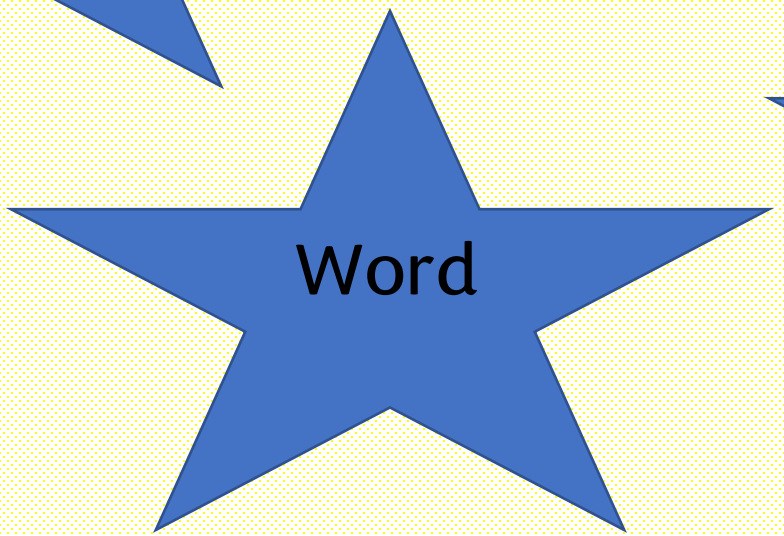
4. Last year

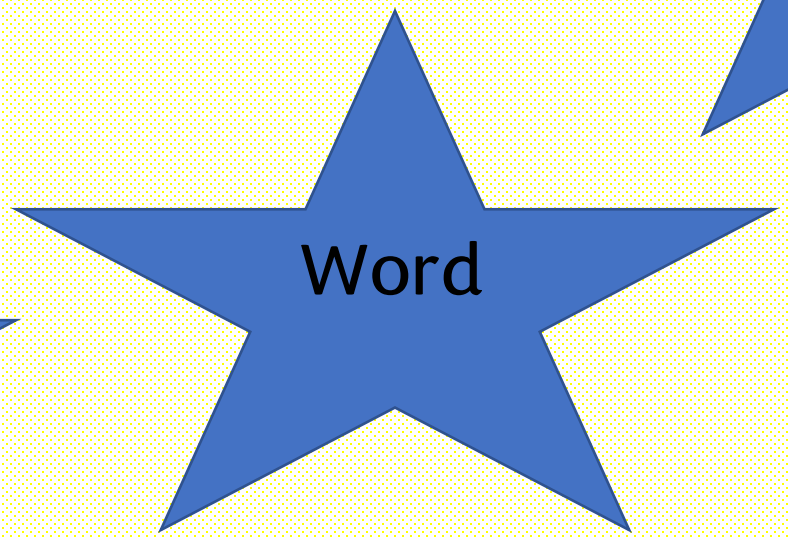
Lesson 5

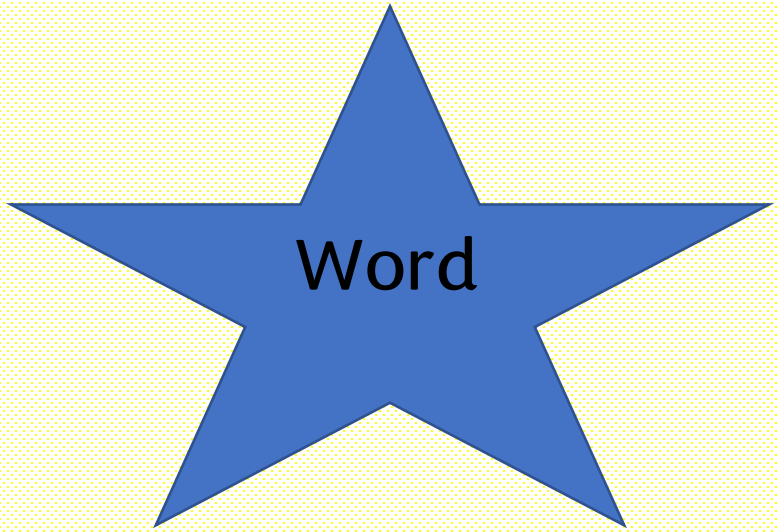
Vocabulary

P.S.H.E.









New information

P.S.H.E.

Purpose:

Task

P.S.H.E.

Purpose:

Challenge

P.S.H.E.

Lesson 5

Checking for Understanding

P.S.H.E.

1. x

2. x

3. x

4. x

Lesson Six

Lesson 6

Purpose:

P.S.H.E.

- Daily Review
- Vocabulary
- New information (reading)
- Guided/ independent tasks
- Checking for understanding

Lesson 6

Review

P.S.H.E.

1. Last lesson

2. Last unit

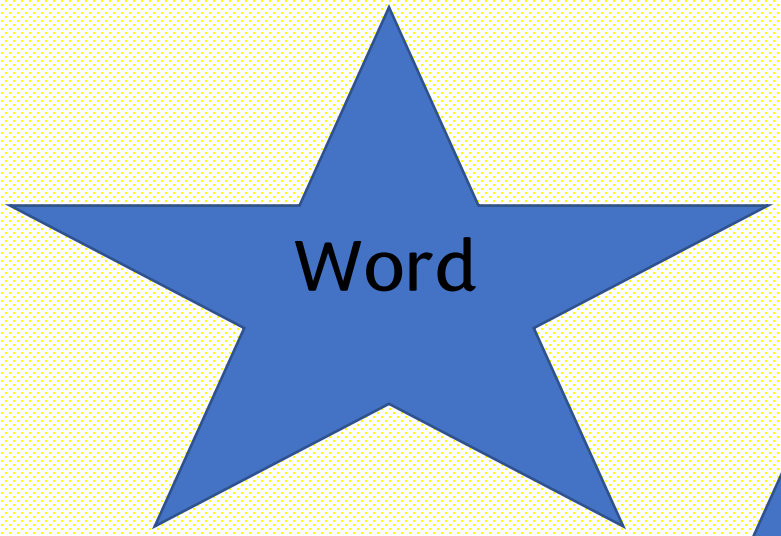
3. Last term

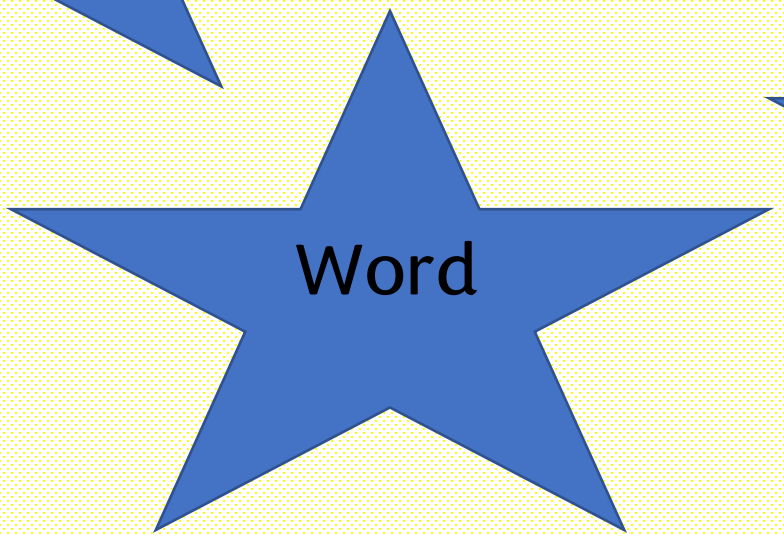
4. Last year

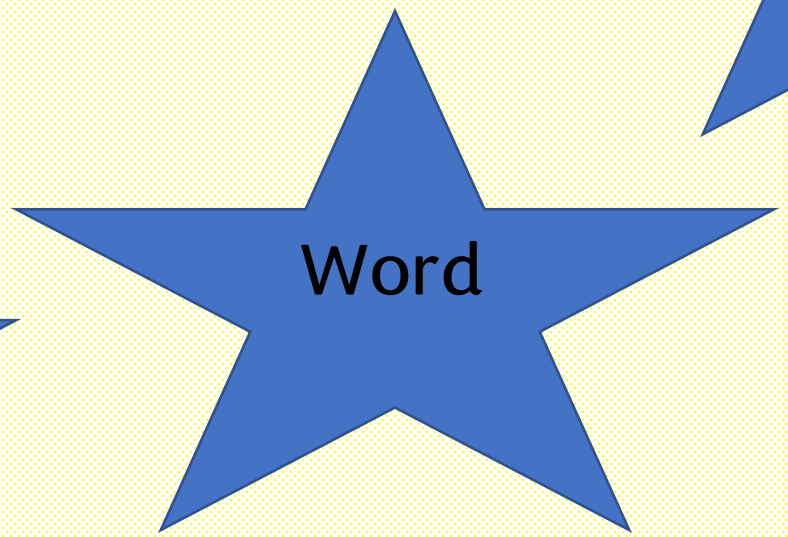
Lesson 6

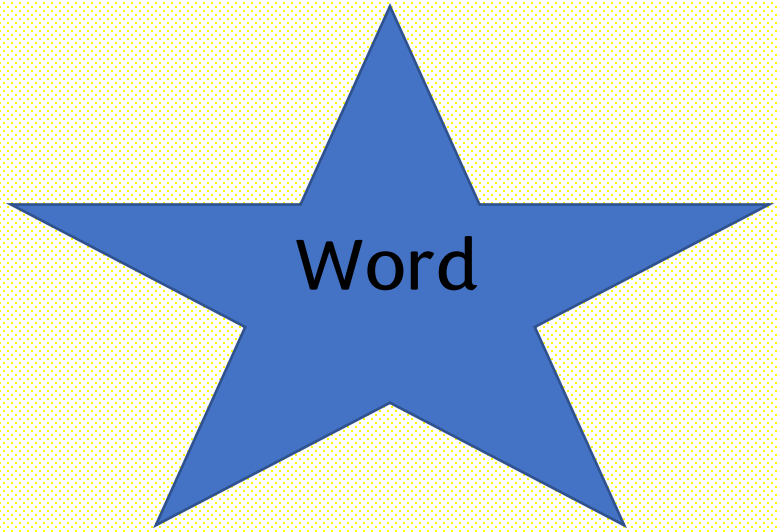
Vocabulary

P.S.H.E.









New information

P.S.H.E.

Purpose:

Task

P.S.H.E.

Purpose:

Challenge

P.S.H.E.

Lesson 6

Checking for Understanding

P.S.H.E.

1. x

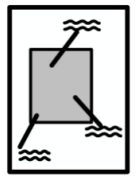
2. x

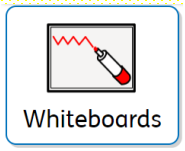
3. x

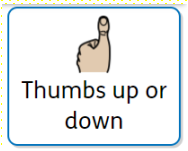
4. x

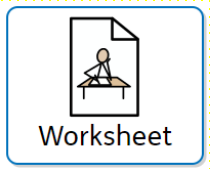
Common visuals to add to slides as needed

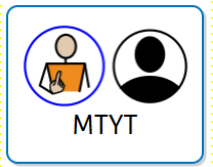
Add copiable widgits for task types, resources
Add Tiny from WRM

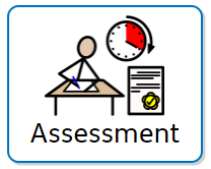


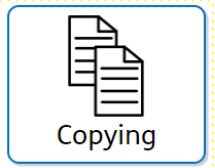


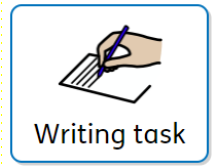


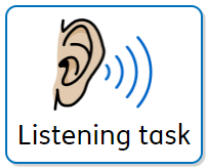


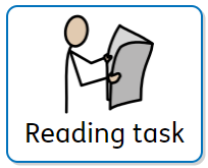


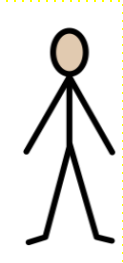


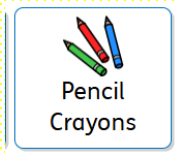


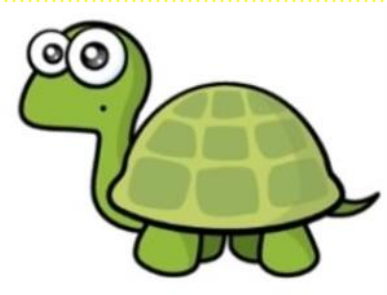






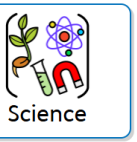






Religious Education

Design Technology


Science

Geography

listening

thinking

Music

History

Art

Circle Time

P.S.H.E.

sit on carpet

sit on chair

hand up