

# The Character Curriculum

Flourishing for Life



<p><b>Y11: Healthy Relationships</b> L1 – Managing grief</p>	<p><b>Learning objective:</b></p> <ul style="list-style-type: none"> <li>- Understand the nature of grief and bereavement and a range of positive responses to managing grief and bereavement both personally and in others.</li> </ul>	<p><b>Key vocabulary:</b> Grief, bereavement, five stages of grief, divorce, separation <b>Key virtues:</b> <b>Compassion, resilience, courage, wisdom, empathy</b></p>
<p><b>Resources:</b> PowerPoint presentation; Five stages of grief resource; Elizabeth Davidson letter resource</p>	<p><b>Statutory links:</b> PSHE guidance (2020) Students learn:</p> <ul style="list-style-type: none"> <li>- Ways to manage grief about changing relationships including the impact of separation, divorce and bereavement;</li> <li>- About sources of support and how to access them.</li> </ul>	
<p><b>Key questions:</b></p> <p>What are grief and bereavement?</p> <p>How does 'loss' affect people?</p> <p>How can you respond to grief or bereavement personally and towards others?</p> <p>Which virtues can help in responding to someone in pain?</p> <p>How can a sense of loss contribute to mental and physical health?</p>	<p><b>Learning activities:</b></p> <p>The content of this lesson touches upon the very sensitive issues of grief, loss and bereavement. It is worth noting that members of the group are likely to have previous or current experiences of aspects of the lesson content and sensitivity will be required when handling these issues.</p> <p><b>Starter:</b></p> <p>What does grief mean? What is a bereavement?</p> <p>Discuss as a small group the different type of 'loss' you might experience during your life. Put these experiences in order from most serious to least serious.</p> <ul style="list-style-type: none"> <li>- Why have you ordered them in this way? What aspects of the more serious forms of grief are missing from the less serious?</li> <li>- Do you have an experience similar to any that have been described?</li> <li>- How might experiencing some of the losses described affect you personally? How would you feel emotionally, spiritually, and how might it affect your physical and mental health?</li> <li>- How might it affect your purpose and meaning in life?</li> </ul>	

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<p>How does the five stages of grief model apply to real life scenarios?</p>	<p><b>Activity 1:</b> Responding to others</p> <p>How might you go about responding to a friend or somebody who you know that might be going through a bereavement or grief over the loss of someone/something?</p> <p>Discuss your ideas with a partner and share with the group.</p> <p>Role-play a simple scenario between two friends, where one has experienced a loss, to demonstrate the types of responses that might be appropriate.</p> <ul style="list-style-type: none"><li>- Which virtues might you exhibit in your response to someone in grief?</li><li>- Why are those virtues so important when someone is experiencing grief and pain?</li></ul> <p>Some potential areas to explore might include:</p> <ul style="list-style-type: none"><li>- Listening non-judgmentally;</li><li>- Don't try to make it better;</li><li>- Letting people grieve in their own way;</li><li>- Giving time and space;</li><li>- Not trying to control people's emotions.</li></ul> <p><b>Activity 2:</b> Pain to sadness</p> <p>Watch the video interview with the Speakmans about the stages of grief and answer the following questions <a href="https://www.youtube.com/watch?v=UBATctkFHRE">https://www.youtube.com/watch?v=UBATctkFHRE</a> [available 05/20] (How to Overcome Grief – The Speakmans)</p> <ul style="list-style-type: none"><li>- Do you agree that grief is a journey from pain to sadness? Why or why not?</li><li>- Why is a person's death not the end, according to the woman in the video?</li><li>- Explain the advantages and disadvantages of considering grief as a journey.</li><li>- Do you agree with the woman's statement that a loved one's death is 'not the end'?</li><li>- Are there any positives that come from grief?</li></ul>
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### **Activity 3:** Five stages of grief

Grief manifests itself in five stages. This is a model designed by Elisabeth Kübler-Ross, a Swiss psychiatrist, which helpfully gives a framework for the emotions and journey that people experience when losing someone in their life.

This is a description of how the framework might help someone.

The five stages, denial, anger, bargaining, depression and acceptance are a part of the framework that make up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. However, they are not stops on some linear timeline in grief. Not everyone goes through all of them or in a prescribed order. Our hope is that, with these stages, comes the knowledge of grief's terrain, making us better equipped to cope with life and loss. At times, people in grief will often report more stages. Just remember that your grief is as unique as you are.

Read through the five stages on the PowerPoint and discuss with a small group what a person might do or say in each of these stages.

### **Activity 4:** Elizabeth Davidson

Read through the story of Elizabeth Davidson who tragically lost her daughter in a car accident.

- Which stages of grief do we hear in what Elizabeth Davidson has to say about her daughter?
- Thinking back to what you discussed about responding to grief in our own lives and others, would you add anything to your observations based on what you have heard in this case study?

### **Activity 5:** Case study

Read through the case study with Ellen and try to imagine how you would respond to her situation.

Write Ellen a message in response. Your message must be detailed, describing the stages of grief, what Ellen is likely to experience and the best ways you can support her. Use some of the new terminology that you've learned today in your response and why particular activities might be helpful for her grieving process.

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## Further Support:

If you are struggling, it might be a good idea to contact someone at school, even if this is just to make someone aware of your situation.

If you, or someone you know, would like support, someone to talk to, or even just a bit of advice, these websites might be a good place to start:

[www.childbereavementuk.org](http://www.childbereavementuk.org)

[www.griefencounter.org/teen-zone](http://www.griefencounter.org/teen-zone)

[www.getconnected.org.uk](http://www.getconnected.org.uk)

