

Bereavement - KS1 Activity

WALT: describe the feelings I might experience if I lose somebody or something special.



Explain that Jigsaw Jack has lost their favourite hat. How might they be feeling? Children to talk about and share a time when they have lost something.

Explain that the feelings when we have lost someone or something special is called grief.

Different people feel different emotions when someone special has died. Sometimes people might want to pretend it hasn't happened or feel very sad indeed. All of these feelings are OK.

Remembering the best things about a person is a really good way of starting to feel better. We can also make sure that people who are special to us know that they are special to us while they are alive.

Who is special to you now? What makes them special? Children to draw a picture of someone who is special to them and draw/label what makes that person special. Encourage them to think of things which they can keep in their 'mind's eye' whenever they think of them (e.g. their smile).

