





LO: To understand that sadness is felt by everyone at some points during their lives.



How would you feel if you were to lose something you really cared about - a favourite book, toy or photograph, for example?



Did you think of any of these feelings words?

sad      tearful      devastated      disappointed  
frustrated      irritated      distraught  
annoyed      upset      angry



**Not all losses are the same.**

How might you feel if you were to lose a pencil, or a button on your shirt? Can you compare those feelings to the loss of something you really care about?

**Everyone experiences loss at different times in their lives.**

Some losses are BIG and some are small. Many people experience differences in the emotions they feel, depending on the size of the loss.

It is a fact of life that everyone will experience the loss of someone they care about at some point in their lives.

Being 'bereaved' means losing a close friend, family member or loved one when they die. People experience great sadness when they suffer a bereavement.

**BIG?**



**or small?**

On the following slides, read the five scenarios where people experience loss. Carefully consider each, then try to order them according to how 'big' or 'small' they seem to you. How will you decide?



Afterwards, discuss how you ordered the scenarios with a partner.

1.

**Filip** opened his wallet to get out his bus ticket. It fell down the drain - there was no way to get it back.

2.

**Ben's** hockey team lost seven-nil to another school's team in the finals.

3.

**Hope** lost her favourite jumper on a school trip.



How big or small is the loss for the person in **red**?

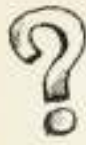
4.

**Martha's** mum died. She had been ill for a long time.

5.

**Jian's** neighbour couldn't collect him from school as she usually did today - she had to go to a work colleague's funeral.

Understanding how we feel, and how others feel when they experience losses such as a bereavement, is very important.



Why do you think it is important? How can understanding loss enable us to help others?



Discuss your ideas.

Choose 1 of the following scenarios

Merryn's family cat dies.

Tonio loses his wristwatch. It was a birthday gift from his parents.

Bella loses her pencil case.

Cerys has been going to the same dance class for a long time. She is now too old to carry on going.

Marcus's dad dies.

Luca can't go to his next-door neighbour after school this week as he usually would. His neighbour's brother has died.

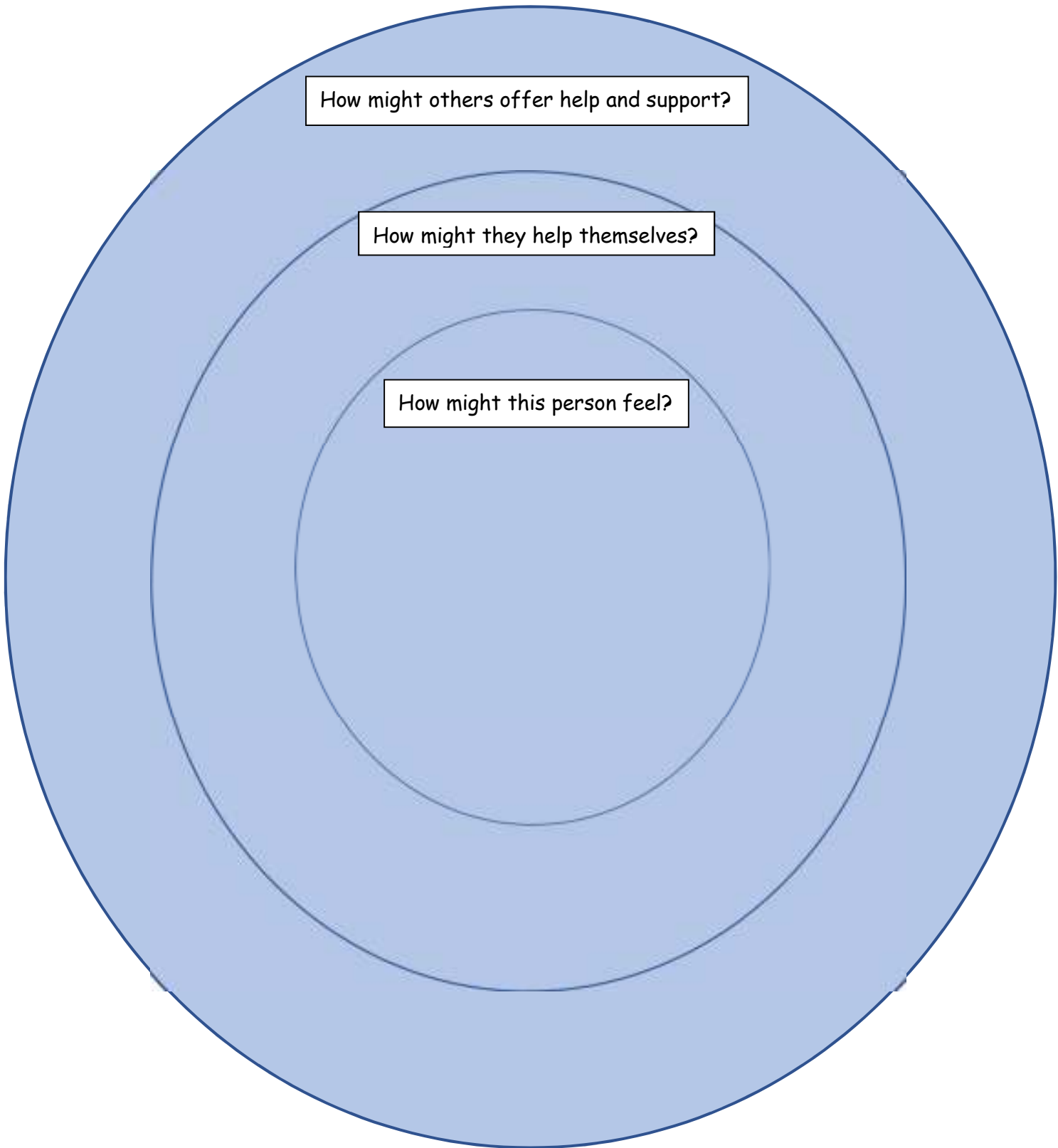
For your chosen scenario write about the following;

- How might this person feel?
- How might they help themselves?
- How might others offer help and support?

You can use the format below or set out the work as you want in your book

LO: To understand that sadness is felt by everyone at some points during their lives.

Scenario \_\_\_\_\_



How might others offer help and support?

How might they help themselves?

How might this person feel?