

Books and Resources for staff

Training

Elearning: Supporting Bereaved Pupils by CBUK for more information: elarning@childbereavementuk.org
Supporting Bereaved Pupils is a Child Bereavement UK elearning programme for teachers, head teachers and support staff which has been developed with input from teachers and bereaved families. We understand how difficult it is for schools to find the time and funds to release staff for traditional training, so Child Bereavement UK has developed a low-cost, time efficient solution.

Schools Training Courses by CBUK contact the training dept 01494 568908 training@childbereavementuk.org
CBUK offers a variety of specialised courses designed for the education sector. They can be tailored to fit your requirements and delivered at your school, or at our base near High Wycombe, Buckinghamshire.

Lesson Plans

Elephants Tea Party designed by Child Bereavement UK. www.elephantsteaparty.co.uk
An “everything you need” pack for all pupils, bereaved or not, providing fun resources, lesson plans and activities for primary schools. Over 500 schools signed up in 2013. The aim is to help equip pupils with coping skills for bereavement, now and in later life.

Child Bereavement UK website schools section has various [lesson plans](#) and interesting ideas to introduce the concept of loss and grief to children. These include activities for Mother’s/Father’s Day and others for PSHE.

Helping Children Think About Bereavement by Heather Butler. Available from Child Bereavement UK Shop
This fun story and related short activities are presented as four, differentiated, lesson plans including English as a second language and pupils with learning difficulties. It helps pupils develop resilience and coping skills.

Mind Matters: A Resource Bank on Loss and Grief “it hurts” by M. Harvey. Only available www.ukyouth.org
Includes guidelines on facilitating sessions around loss and grief with 11 photocopyable activities, brief information about the nature of loss and grief and its impact on young people. Good for PSHE.

Supporting Young People Coping with Grief, Loss and Death by Weymont and Rae
A complete teaching programme designed to be delivered to whole classes or groups of students age 11-18. The aim is to enable them to understand about loss, grief and death but also to promote emotional health and literacy. Information on Loss and Grief, facilitator notes and copiable activities are included for twelve sessions.

Childhood Bereavement-developing the curriculum and pastoral support by Job & Francis
Using case studies and drawing on best practice, this very useful resource aims to help those working in schools address death, dying and bereavement from both a pastoral care and educational perspective. It provides lesson ideas for how to achieve this through the curriculum. Available The National Children’s Bureau, 020 7843 6029.

Information

The Little Book of Bereavement for Schools by Ian Gilbert (his children age 9, 13 and 18) A short, personal account of the way various educational establishments tried and succeeded, tried and failed, and sometimes didn’t try at all after the death of the children’s mother. It opens with a 15 point, straightforward guide which would be a helpful starting point for any school wondering what to do after the death of a parent.

Then, Now and Always by J. Stokes. Published & available www.winstonswish.org.uk

More suitable for those with pastoral care responsibilities, this guide for supporting children as they journey through grief, includes a section on enabling a school community to respond positively to a death

“Grief in Children” A Handbook for Adults by A. Dyregrov. Available from Jessica Kingsley www.jkp.com

A short book which looks at children’s understanding of death and outlines practical ways in which adults can respond. It deals with both physical and psychological responses. Helpful for staff with Pastoral Care responsibilities.

A Teacher’s Handbook of Death by Jackson and Colwell. Available from www.jkp.com

Offers ideas for including death and bereavement in the curriculum, factual and informative around rituals and processes associated with death and dying.

The Forgotten Mourners: Guidelines for working with bereaved children by Susan C. Smith. www.jkp.com

This book raises awareness of the sensitive issues involved for bereaved children, highlighting their needs and their emotional and behavioural responses when a bereavement occurs.

Grief in School communities: Effective support strategies by Louise Rowling

This book is an essential guide for all members of a school community and other professionals who need to know how to be supportive in times of crisis, this book takes a different approach and uses 'the school community' as the organizing supportive framework. This approach recognises that losses are embedded in a young person's social environment - the school and its community, as well as the family.

Workbooks to use with pupils

Finding a way through when someone close has died by Mood & Whittaker Available from www.jkp.com

A workbook by young people who have experienced the death of someone close. They offer advice based on their own experiences. The activities encourage young people to express their feelings and responses.

When Someone Very Special Dies by M. Heegard

A simple workbook designed to be used by a bereaved child with adult help. It will help a child or young person to understand and express the many feelings that they will have. Communication is increased and coping skills developed as they work their way through it.

Grief Encounter Workbook by Shelley Gilbert.

A workbook to encourage conversations with children, young people and adults about death. Grieving is hard work, especially for parents and children in deep grief. The upward spiral of grief replaces stages theory and allows time for people to adjust to the fact that someone special has died. The book is full of creative activities and offers incredible comfort to mourners-old and young.

Supporting Children through Grief and Loss: Practical Ideas and creative activities for schools and carers.

A wealth of advice and helpful suggestions for those helping children through bereavement and loss. The book gives an overview of different behaviours you may encounter in school and how to respond, as well as discussing questions children may ask and how to answer them.

DVDs and film clips

When a Child Grieves - Available from Child Bereavement UK Shop

This has a section “Someone Died – It Happened To Me” in which children aged 7 to 18 years, talk about their feelings when someone special dies. Includes a primary school case study describing when two pupils died in different circumstances. Useful for classroom discussion or training staff.

“A death in the lives of..... Available from the Childhood Bereavement Network www.ncb.org.uk/cbn

A group of young people discuss the support they needed to help them cope with bereavement. Includes a section where they talk about what was, and what was not, helpful at school. A good one for PSHE.

www.childbereavementuk.org/Support/Youngpeople/Filmsbyyoungpeople by bereaved young people.

Short films and film clips which include: What Teachers Need to Know, A Message to Parents, A Message to Friends and Messages from Young People Bereaved by Murder and Manslaughter.