

DEALING WITH GRIEF

Objective: To consider how we feel, and how by seeing and accepting our feelings, we may be able to come to terms with grief.

Key Words: confused, grief, rhyme, squirm

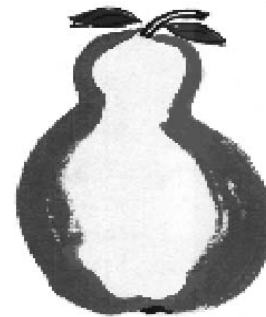
Curriculum Links: Citizenship and PSHE at KS1: 1a,b),c). 2a),c). Literacy: Drama

Materials needed:

- The Manual or copy of lesson plan
- Silent sitting exercises from the 'Introduction' Manual
- CD player
- CD with music for silent sitting
- CD with music for the song
- Copies of the drama script

QUOTATION/THEME FOR THE WEEK

**LIFE IS SHORT
BUT A SMILE TAKES BARELY A SECOND**
Cuban Proverb



Discuss what this means. ?

SILENT SITTING

Steps 1, 4 (See pages 19/20 or page 36 of the 'Introduction' Manual)

Step 5: Think of a place where you feel very safe and happy ...

Remember a time when you lost someone or something you loved ...

Feel the sadness of the loss of something or someone you enjoyed being with ...

Remember a place you have liked being when you were together ...

Feel happy as you remember that time ...

Remember how they were when they were happy ...

Send loving thoughts to them ...

Be happy that you knew them ...

Step 6.

STORY TELLING

ACKY WACKY

by Ann McMail

Ben loved his grandad, he called his grandparents Grandpa Em (because Grandpa's name was Emrys) and Grandma Em. Grandpa Em was famous because he grew the best vegetables and flowers in the valley. He never went out without putting a flower in his old cloth hat and when he was dressed in his best clothes he always put a flower in his jacket buttonhole. Grandpa Em didn't put any of his produce into shows, he just grew all the lovely things and ate them or gave them away. Whenever any friends came to the little terraced house where they lived, he would give the ladies a big bunch of flowers, usually Sweet Peas.

Everyone said he had 'green fingers' but they didn't look green to Ben just a bit rough from gardening and sunburnt.

Ben loved to go to Grandpa Em's allotment and help him with the digging and planting or picking the fruit and vegetables. He particularly liked his Grandpa because of the jokes and rhymes that he would sing to him. Sometimes Grandpa Em would say funny rhymes and then they would both laugh together. Ben's favourite rhyme was

Acky Wacky was a worm,
Acky Wacky liked to squirm
Acky Wacky got trod on,
Poor Acky Wacky.

Grandpa Em was always in the garden or his allotment, he loved to be outside and although his hands were rough and his skin sunburnt and wrinkly, when Ben held them he always felt safe and warm inside.

Grandma Em would have jacket potatoes in the oven when they came in from the garden and Ben and Grandpa Em would sit at the table together, it sort of felt 'right' in their house. It was quiet, but Ben felt he just 'fitted' there.

When Ben came home from school one wet, Wednesday afternoon, Mam wasn't there. He shouted for her and was surprised when Mrs Vincent from next door popped her head round the living room door.

"Your Mam won't be long, she's just had to pop out for a few moments so I told her I'd get you some tea," Mrs Vincent said.

Ben was a little confused because his Mam was always at home when he came in from school. Ben ate his beans on toast and Mrs. Vincent gave him a Choc-Ice and then he went to watch children's TV. While he was watching he heard whispering coming from the kitchen and Mrs Vincent called in to him, "Ta-ra Ben. See you soon."

Ben went out to see his Mam, and when he looked at her, he knew that something was wrong. She was pale and looked sad. Mam sat down with Ben and started to tell him some really sad news.

“I know how much you love Grandpa Em and I know that he loved you, but he died earlier today.”

Ben couldn't believe what she was saying, his heart felt shaky and he had a big and heavy pain inside and he began to cry. Mam put her arms around him for a long time and eventually he stopped crying, but he still felt frightened and so unhappy.

Ben thought to himself, “Perhaps I'm being a baby”, but he couldn't stop being upset and feeling lonely because he really missed his Grandpa Em. Ben wanted to go to the funeral so his Mam said that he could. It was strange to see adults crying, this made him realise that perhaps he hadn't been such a baby when he cried.

It was hard for Ben to go to Grandma Em's house knowing that he wouldn't see Grandpa Em, but she smiled at him and was so pleased to see him when he visited her, that it made him feel a bit better. He loved to be there because he felt closer to Grandpa Em, it was as if a little bit of him was left with each fruit and flower. Ben would pick flowers for Grandma Em and that would help them both to remember Grandpa Em. He knew when he worked in the allotment and garden that Grandpa Em was somewhere nice, somewhere where flowers and vegetables grew.

Ben still misses his Grandpa Em, but now he smiles when he's in the garden remembering the lovely time they had together and sometimes he sings - this is his favourite song

Acky Wacky was a worm,
Acky Wacky liked to squirm,
Acky Wacky got trod on,
Poor Acky Wacky.

QUESTIONS:

1. What name shall we give this story?
2. What does it mean when you say someone has 'green fingers'?
3. Have you ever grown anything?
4. Have you ever lost someone you loved?
5. What did Ben do to make himself feel better?
6. How did you feel when you heard the story?
7. Does it remind you of anything in your own life?

GROUP ACTIVITY

1. DRAMA

ACKY WACKY

The scene is set in Wales

Cast: *Narrator*
 Ben
 Grandma Em
 Mrs. Vincent
 Mam

Narrator: Ben called his grandparents Grandpa Em and Grandma Em. This was because Grandpa Em's Christian name was Emrys. Grandpa Em was famous because he grew the best vegetables and flowers in the valley. On top of that, he never went out without first putting a flower in his old cloth hat. And when he was dressed in his best grey suit, he always put a flower in his jacket buttonhole.

Ben: I loved my grandad. Grandpa Em loved his garden. And he didn't put any of his vegetables into shows, you know. He just grew all these lovely things and ate them - or he'd give them away.

Grandma Em: Yes, whenever any friends came to the little terraced house where we lived, he'd give the ladies a big bunch of flowers, usually sweet peas, if they were in season.

Ben: Everyone said he had 'green fingers' but they didn't look very green to me, just a bit rough and brown from the sun. I loved to go to Grandpa Em's allotment and help him with the digging and planting or picking the fruit and vegetables. One of the things I particularly liked about Grandpa were the jokes and rhymes that he'd sing to me. Sometimes Grandpa Em said funny rhymes and then we would both laugh together.

Grandma Em: Ben's favourite rhyme was: Acky Wacky was a worm, Acky Wacky liked to squirm, Acky Wacky got trod on, Poor Acky Wacky.

Mrs Vincent: I remember Ben's Grandpa Em. Always in the garden he was, or in his allotment.

Ben: He loved to be outside and although his hands were rough and his skin sunburnt and wrinkly, when I held them I always felt safe and warm inside.

Grandma Em: I'd have jacket potatoes in the oven when they both came in from the garden and Ben and Grandpa Em would sit at the table together.

Ben: It sort of felt 'right' in their house being quiet. I felt that I just 'fitted' there. But one wet Wednesday afternoon, I came home to find that Mam wasn't there. I shouted for her and was surprised when Mrs Vincent from next door popped her head round the living room door.

Mrs Vincent: Your Mam won't be long, Ben dear. She's just had to pop out for a few moments. So I told her I'd get you some tea.

Ben: I felt a bit confused because Mam was always at home when I came in from school.

Mrs Vincent: Still you ate your beans on toast and I gave you a Mars ice-cream bar and then you went to watch children's TV.

Ben: While I was watching TV, I heard whispering coming from the kitchen which was strange.

Mrs Vincent: Ta-ra, Ben. See you soon.

Ben: *[coming out to see his Mam]* Ta-ra, Mrs. Vincent. Mam, I can see by your face that something's wrong. You look so pale and sad. Whatever's happened?

Mam: *[sitting down]* Ben, come and sit here. I have some really sad news. I know how much you love Grandpa Em and I know that he loved you. But I'm sorry to tell you, love, that he died earlier today.

Narrator: Ben couldn't believe what he was hearing. He felt shaky and he had a big and heavy pain inside, somewhere around his chest. His shoulders began to shake and then he started to cry and Mam put her arms around him for a long time.

Ben: *(between sobs)* Perhaps I'm being a baby ... I can't stop being upset and feeling lonely because I'm really going to miss Grandpa Em.

Mam: It's okay to cry, son. It's natural. You cry all you want.

Narrator: Eventually Ben stopped crying, but he still felt frightened and so unhappy.

Ben: I want to go to the funeral, Mam. I can, can't I?

Mam: Of course you can, Ben. It's right that you should.

Narrator: It was strange to see some of the adults in tears at funeral. It made Ben realise that perhaps he hadn't been such a baby when he cried.

Ben: Later it was hard to go to Grandma Em's house knowing that I wouldn't see Grandpa Em. But Gran smiled at me and was so pleased that I had come to visit her, that it made me feel a bit better. We both sat down to a pot of tea and toasted crumpets, and talked about Grandpa Em. There was a beautiful vase of sweet peas on the table. I loved to be there because I felt closer to Grandpa Em. It was as if a little bit of him was left with each flower. And it was good to see Gran too.

Grandma Em: From that day on, Ben would often pick flowers for me. It helped us both to remember Grandpa Em.

Ben: When I worked in the allotment and the garden I used to think that Grandpa Em was somewhere nice. Somewhere where flowers and vegetables grew.

Narrator: Ben still misses his Grandpa Em. But now he smiles when he's in the garden remembering the lovely time they had together and sometimes he sings his favourite song ...

Acky Wacky was a worm,
Acky Wacky liked to squirm,
Acky Wacky got trod on,
Poor Acky Wacky.

QUESTION:

How did you feel when you listened to, saw or acted in the drama?

2. Art work:

Play some music and ask the pupils to paint what they 'see' in their mind's eye.

GROUP SINGING

DEEP PEACE

(A traditional Gaelic blessing)

Deep peace of the running wave to you.

Deep peace of the flowing air to you.

Deep peace of the quiet earth to you.

Deep peace of the shining stars to you.

Deep peace of the gentle night to you.

Moon and stars pour their healing light on you.

Deep peace to you.

Moon and stars pour their healing light on you.

Deep peace to you.

(Repeat)

Moon and stars pour their healing light on you.

Deep peace to you.

(Repeat x 2)

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "I will be kind and helpful and cheerful." Smile to the one on each side of you.