

As you know we have recently been studying the topics of change and loss. In particular we have thought through how grief and the death of someone important can impact on our emotions. We have reflected on ways to express and manage our own grief and also how best to support a grieving friend.

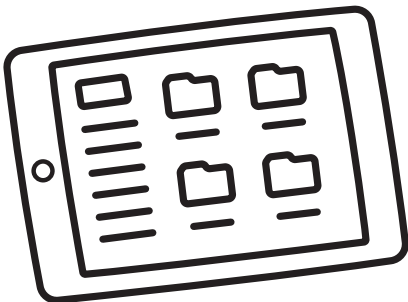
These lessons were made possible by Winston's Wish, the UK's first childhood bereavement charity who provide support for children and young people following the death of someone important to them.

One of the key ways that the charity helps young people is by encouraging them to share their own story. They do this creatively by asking them to think about how they would tell their story if it was a film.



Winston's Wish has tasked us with creating a new promotional video to highlight the work of the charity, to educate on the impact of grief, and as a way of raising funds for their work with grieving children across the country. In groups, you should create, record and produce a video of no more than one minute long with a call to action at the close for viewers to donate to the charity.

One winning video will be chosen to feature on our schools social media with a donation button to Winston's Wish. The charity is managing a national league of all participating schools with the video which results in the highest amount raised being shared on their own social media at the end of the year.



For further information to guide your content you can visit the charity's website:

winstonswish.org

or visit their website specifically aimed at supporting young people:

help2makesense.org

As referenced throughout our lessons, death is still a taboo which means that it is not something that is talked about much in many families and communities. However, it is something that will affect us all and that's why we feel it's important for you to explore the impact that death can have on young people and to give you the skills and resources you might need to help someone handle their own grief.

You might find talking about death and dying uncomfortable or upsetting, particularly if you have recently lost someone close to you. It's natural to feel a range of emotions after someone has died. As you begin to think through some of these difficult emotions and experiences as a group, you might find yourself feeling upset or confused. If so, please do speak to your class teacher, someone you trust or contact Winston's Wish using their website above.

