

Lesson Ideas

Me & My Feelings:

Being able to recognise and describe our feelings is an important part of growing up.

This session simply allows pupils to express and communicate their feelings in an open and honest way. Following a death of someone they know (possibly the first time this has happened in their lives) they will have many mixed thoughts, feelings, emotions and memories.

Begin as a whole group by creating a huge brainstorm of all the different feelings, thoughts and emotions that the class may have – prompt feelings that you know exist but which they may be too embarrassed to say in front of peers.

Main Activity:

Leave the brainstorm displayed. Ask each student to work individually and write a poem, a short story, a diary article, a news report, or a rap about a memory that they have of the person who died and the way it makes them feel now.

Allow honesty. Some students will have been close to the person who died and may be quite upset. Others may not have known them so well and so be struggling with guilt or shame about that now. It is fine for them to admit to this.

Ask each student to read or perform his or her piece at the end of the session. It is important that they are all heard if they want to be and that their memories and thoughts are treated with respect.

Plenary:

Thank the students, paying particular highlight to any students who may have been exceptionally brave or honest. You may want to collect the work and bind it together into a book of memories and thoughts.

National Curriculum Requirements:

En1; 1b, 1c, 1e, 2e, 3a, 3b, 8b, 8c, 9c

En3; 1a, 1b, 1c, 2a, 2e, 2f, 7d, 9a, 11, 12