Key Stage 1 PSHE
Feelings and emotions
(dealing with loss- bereavement and not seeing friends and family)

LO: To understand how to deal with loss and not seeing our loved ones



Did you know?

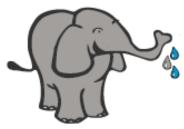
A few fun elephant facts for teachers and pupils.

Elephants are the largest living terrestrial (land) animal. An African male elephant can weigh more than 6 tons. A school bus weighs 7 tons (without pupils)!



Elephants can eat 136 kilos of grasses, small plants and fruit a day.

They rarely eat cake!



An adult elephant needs to drink around 210 litres of water a day, which is equivalent to 210 large cartons of juice. It sucks up as much as 7.5 litres of water into its trunk at one time. It then puts the tip of its trunk into its mouth and blows water down its throat.

It's very hot where elephants live. To keep cool, they flap their ears to generate a breeze - how clever is that? The blood vessels in their ears are close to the surface so their ears cool off more quickly than the rest of their body. They also wear mud as a form of sunscreen!





There are two types of elephants - Asian and African.

African elephants are bigger (about 6ft tall) and have ears shaped a bit like Africa. Asian elephants are smaller (about 5ft) with smaller ears which are shaped like India!

Elephants can swim underwater. They use their trunks as a snorkel. How handy is that!



Elephants are a lot like us, they are a family who live and get together in groups

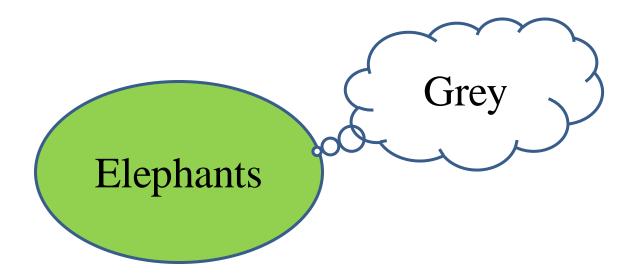
A family of elephants is called a herd

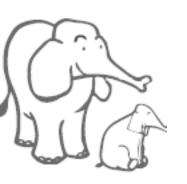






What do you know about elephants?







Elephant family - herd



- The family/herd is made up of the many elephants e.g. daughters, cousins, sisters, brothers, grandparents and babies/calves.
- The herd knows where all the best watering holes are and routes to find food





Similarities and Differences

Elephant party:

- What do you think elephants do when they meet each other?
- What would it feel like to get a hug from an elephant?

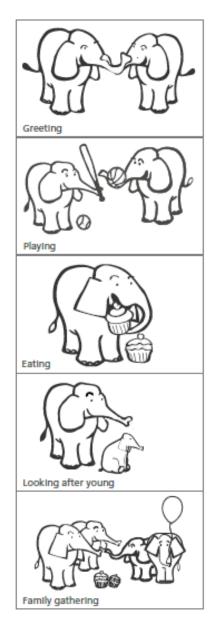
Human Party:

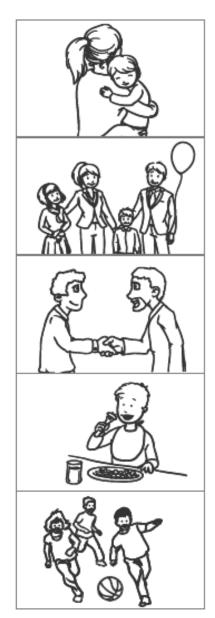
What do you do when you meet friends and family?
 i.e. chat, laugh, kiss, or hug.





For each elephant activity, draw a line to the matching human activity, then colour the pictures in.

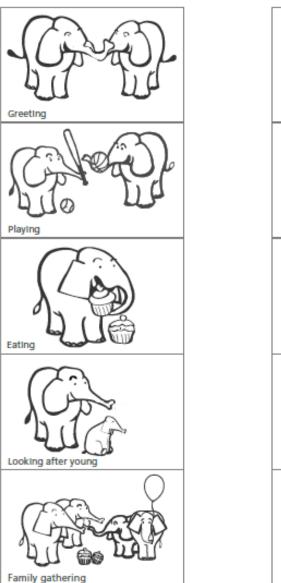






For each of these elephant scenes, draw people doing the same activities, then colour the pictures in.

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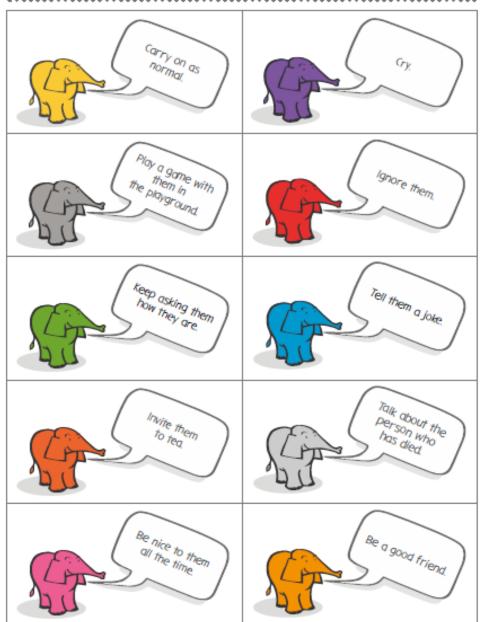
Elephant Video 'Elephants grieving'

https://www.youtube.com/watch?v=C5RiHTSXK2A





Are the things these elephants are suggesting helpful or not?





A friend is sad and grieving

- The best thing you can do to help a friend who is sad because someone has died, is try to be a good friend
- We are all different and when someone dies, some people might be very upset but others might not be.
- You can ask an adult or teacher, if you are unsure how to help a friend.