

E-book Code:
RENZ3006



The Lifeskills Series


Grief, Illness and Other Issues

• Contents •

About the Life Skills Series	4
Curriculum Links	5
INTRODUCTION	
Information:	
Teachers' Notes: Coping With Difficult Issues in the Classroom	10
Strategies for Students Who Are Grieving	12
Websites for Students	13
Websites for Teachers and Parents	14
Practical Resources for the Classroom	15
COPING WITH A TERMINAL ILLNESS	
Story:	
Chloe's Story	16
Reflection: Chloe's Story	18
Activities:	
Family Reactions	19
Lost for Words	20
Changed Lives	21
Feelings: A Range of Reactions	22
LIVING WITH A DISABILITY	
Story:	
Sporting Moments	23
Reflection: Sporting Moments	25
Activities:	
A Disability in the Family	26
The Road to Recovery	27
Profile of a Survivor	28
Story:	
Janine Shepherd: An Inspiring Story	29
Article: My Hero	30
COPING WITH GRIEF AND LOSS	
Information:	
Teachers' Notes: Dealing With Death	31
Teachers' Notes: About Grief	32
Story:	
Samantha's Brother	34
Reflection: Samantha's Brother	36
Student Notes: What Happens When Someone Dies?	37
Activities:	
Needing the Answers	38
Memories Forever (1)	39
Memories Forever (2)	40
Memories Forever (3)	41
Good Grief	42
COMMUNITY SPIRIT	
Information:	
Charity Organisations (1)	43
Charity Organisations (2)	44
Activities:	
Fun Ways to Fundraise	45

Activity 2

Family Reactions

 *When a person is diagnosed with a serious illness, a lot of people who are close to that person can be affected. Family and friends often find it hard to cope when someone close to them is sick and they can feel very sad and helpless.*

Imagine if Chloe was a member of your family. Write down what you think some reactions might be for the people below. Include ideas about how you think people might cope when someone close to them has a serious illness.

Joanne (Chloe's older sister):

Hannah (Chloe's best friend):


Chloe's parents:

Chloe's classmates:

? How do you think Chloe's family coped with her illness?

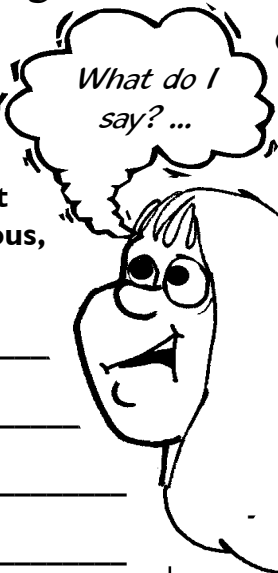
Activity 3

Lost for Words

 Many people don't know what to say to people who have a very serious illness. Sometimes people can feel guilty about being healthy. Sometimes people can feel very sad as they think the sick person might not get better. Sometimes they can feel angry that this person is suffering.

1 Think about times where you have had to talk to someone who has a serious illness. What did you say to them? Explain how you felt about talking to them. (e.g. nervous, afraid, angry, shy, sad.)

2 What do you think might happen to someone who has had cancer or any other serious illness, once he/she is well enough to go back to the school? Include some of the changes that might have occurred while he/she was in hospital.



3 How could you help someone who was diagnosed with a serious illness. List some things you could do.

4 How would you like to be treated if you found that you had a serious illness? What would you expect your friends and family members to do or say?

Activity 7

A Disability In the Family

① Describe the disability that you or your family member has.

② What were your reactions about this change?

③ How has this disability affected your family? Make sure you discuss some of the positive things that have happened as a result of the disability.

④ Make a list of the things in your home and school that have had to be modified as a result of this disability. Complete the table below.

	Item	Modifications
At Home		

	Item	Modifications
At School		

Activity 8

Profile of a Survivor



Choose one of the people discussed on Page 27 and conduct some further research. You may like to use the websites provided as a starting point for your research.

Find out as much as you can about this person and complete the profile below.

Name:

Date of birth:

Details of injury/disability:

1 How has this person dealt with his/her situation?

2 In what ways have they raised public awareness to their disability?

3 What do you admire most about this person?

4 If you could meet this person, write down what you would like to say to them.

5 Think of three questions you would like them to answer.


1. _____

2. _____

3. _____

Activity 9

Article: My Hero

 Think of someone you know (i.e. a friend, classmate, relative) that has had to face a major obstacle in his/her life. This person may suffer from an illness or may have received a life-changing injury. Examine how his/her situation is similar to the people you have read about on Pages 27 and 29.

Imagine you have been asked to write an article about your friend. Your story is to be published in a magazine called *Stories of Inspiration*. Think of a suitable headline for your article and start with an introductory paragraph that basically outlines what the article is going to be about. Make your article as factual as possible. You may want to talk to the person you are writing about so that you can include real details about what he/she went through as well as understanding their feelings. Be sure to include some quotes from this person. Think carefully about the sorts of questions you will ask.

Write your article in the space below and find a picture to illustrate.

• *Stories of Inspiration* • *Special Feature* •

Sample
