



Supporting Young People Coping with Grief, Loss and Death (Lucky Duck Books)

Deborah Weymont, Tina Rae

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'This book provides an excellent resource for secondary schools to be used in supporting young people coping with grief, loss and death'- **Educational Psychology in Practice.**

As the importance of emotional literacy is better established in schools as a pre-requisite for improving achievement, the PSICHE curriculum is increasingly used to offer young people opportunities to express and manage their strong feelings. This book by two experienced and talented authors has been derived from their research and practical work with teenagers. It provides students aged 11 to 18 with an opportunity to:

- consider the effects of grief, loss, and death;
- develop the ability to talk about, acknowledge and manage the feelings associated with the grieving process;
- maintain mental health and resilience.

Most important, is the emphasis on the development of emotional literacy skills and specifically the development of an emotional vocabulary, empathy, tolerance and resilience. The focus on death and loss and the process of grieving is central to the course. The way in which supporting materials are sensitively illustrated and designed for easy differentiation is also a key feature.

Teacher/facilitator notes, copiable activities and all resources are provided for the 10 sessions, which can be delivered to either the whole class or to smaller groups of students.

Tina Rae is a Senior Educational Psychologist based in Hillingdon.

Deborah Weymont is a teacher based in Bristol.

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