



GRIEF & BEREAVEMENT EDUCATION

Training for Schools

Supporting schools to teach grief and bereavement with confidence, compassion and care.

Why this training?

Grief and Bereavement is now part of the curriculum. This training helps schools create safe environments to learn about grief and bereavement, while developing staff confidence, knowledge and practical resources to deliver these important lessons effectively.

Why Living On?

Living On Bereavement Service is a specialist local charity supporting children, young people and families affected by bereavement. Since 2016, Living On has supported over 800 families through therapeutic groups, one-to-one work, social events and has supported & provided training to schools and professionals. Our training is grounded in real-life bereavement and therapeutic practice & theories, bringing specialist knowledge of childhood grief, trauma and the needs of bereaved children into the classroom.

Your facilitator — Heather Williams

Heather Williams is CEO and Founder of Living On Bereavement Service. She has worked in children's palliative care and childhood bereavement for over 20 years. Heather is a qualified psychotherapist, EMDR therapist specialising in trauma, and clinical supervisor to therapists and School leaders. She brings extensive experience of supporting children and young people, alongside a practical understanding of how schools can deliver grief and bereavement education safely, sensitively and confidently.

What the training covers:

- **Understanding grief and bereavement:** Grief as a natural response to bereavement, different types of bereavement, and the emotional, physical, cognitive and behavioural ways grief can present.
- **Age-appropriate curriculum content:** Exploring learning from EYFS and Key Stage 1 through to Key Stage 4, including emotional literacy, coping strategies, supporting peers and accessing help.
- **Language and emotional safety:** Using clear, age-appropriate language, avoiding assumptions about family structures, understanding triggers and creating safe spaces for conversations.
- **Trauma-informed teaching:** Practical approaches including grounding strategies, recognising when a pupil becomes overwhelmed, and supporting children within their window of tolerance.
- **Confident lesson delivery:** Introducing grief sensitively, managing difficult questions, responding when pupils disengage or use humour as a defence, and closing lessons safely.
- **Safeguarding and supporting bereaved children:** Responding appropriately to disclosures and questions, recognising when a pupil may be struggling, knowing when to escalate, and understanding how to support bereaved pupils within these lessons.

Practical resources included

Staff handouts, book and resource list, lesson plan templates, and practical guidance to support confident and safe delivery.

Who is it for?

Any member of staff who will be facilitating or supporting these lessons.

Tel: 01689 831720 Email: training@livingon.org.uk www.livingon.org.uk
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