

The logo features the letters 'IB' in a large, bold, orange font. To the right, the words 'THE CULTURE' are in yellow, '4-7 of LEARNING' is in red, and 'MADRID' is in yellow. Below this, 'OCT 2012' is written in a grey, sans-serif font. The background is white with a large, colorful arc in shades of orange, yellow, and blue.

IB **THE CULTURE**
4-7 of **LEARNING**
MADRID
OCT 2012

IB Africa, Europe & Middle East
Regional Conference

Anthony Walsh

**“Learning About Changes and
Losses In Our Lives”**

Friday 5th October 2012 - Session 1
Time: 10:15 – 11:15

Welcome



Please write down  reasons why you are here today?

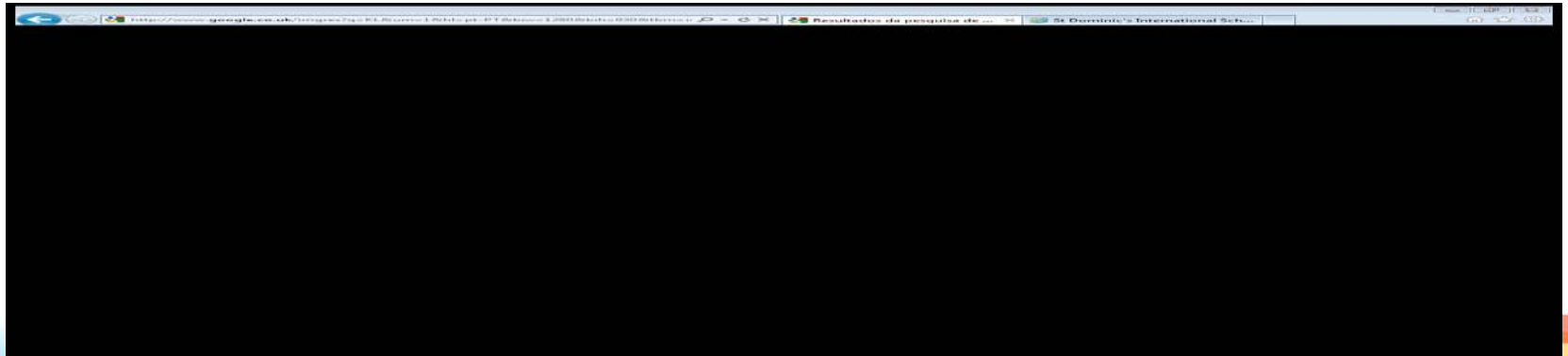
Now please partner up and name yourself A and B!

A- Please take **2 minutes** to communicate with your partner and explain to them about a time you felt Loss- Change.

Talk about what happened.

How did you felt after the event?

Any implications this loss has had on you as you carried on with your future.



What do you see?

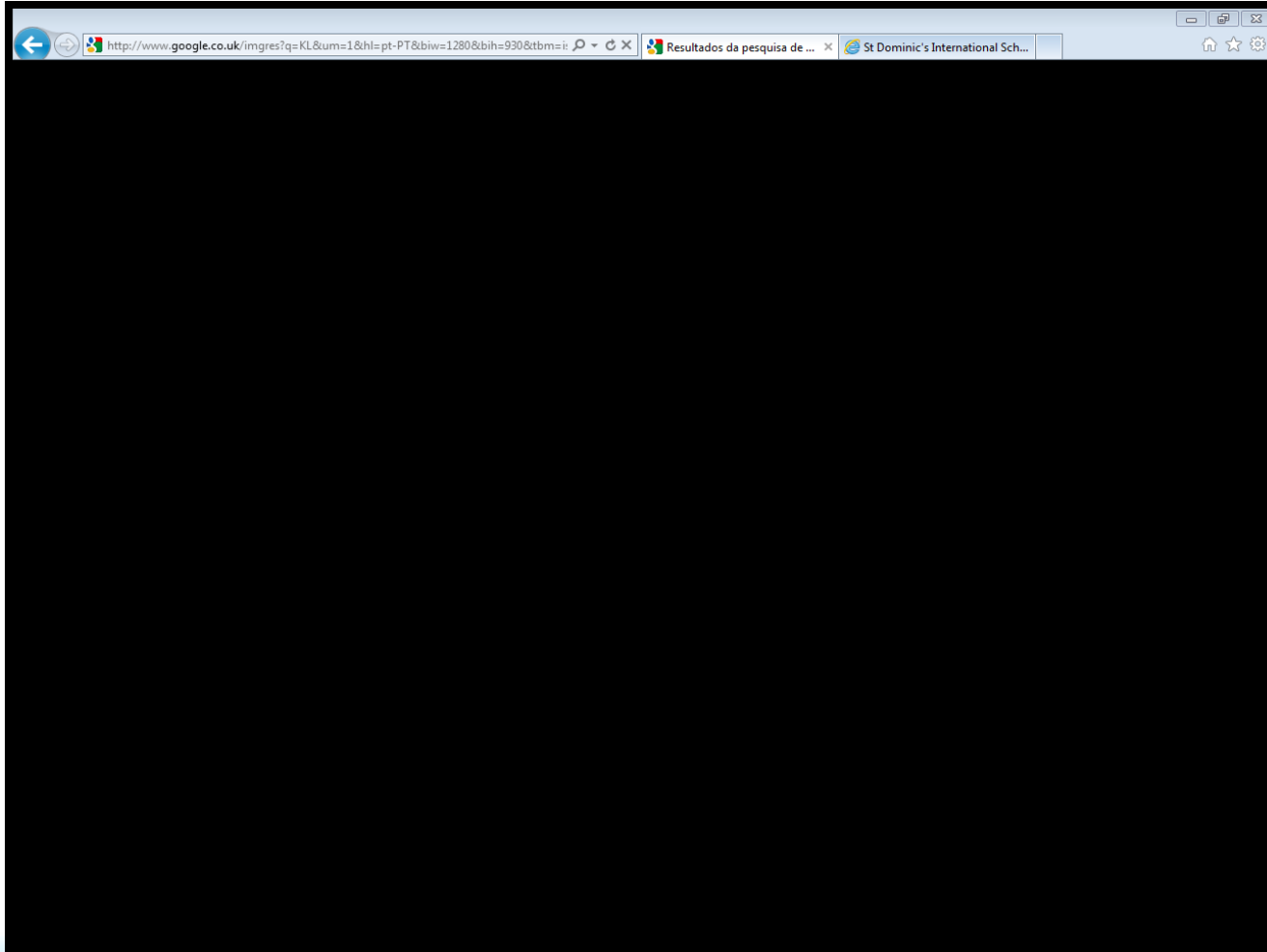


“Learning About Changes and Losses In
Our Lives”

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Students - people who are coping with change and loss

Possible Signs of Stress!



Strategies to reduce stress in children: Helping to manage stress

Acknowledge their feelings

Promote a positive environment

Set a good example

Help children through reading and talking about stories

Teach children ways to calm down

Reduce structured activities and allow plenty of time for play

Reassure them that the change is not their fault

Offer affection!

Try and encourage children to make own decisions and encourage different ways to communicate thoughts

Don't hesitate to seek assistance from others

Eat healthy, rest well and continue with regular routines where ever possible

Things some people say and do when someone dies!

- Things will get easy in time/
Time is a great healer.
- You wouldn't want to see them suffering any longer.
- Things will get back to normal soon.
- Only the good die young.
- They wouldn't swap places with us now.
- Best get back to normal ASAP.
- Isn't it time you were feeling like your old self again
- Say nothing, avoidance, expectations are unrealistic, say unhelpful comments or pretend that the person has never been.

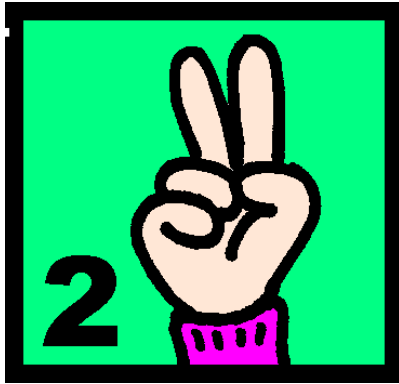
Things some people say and do when someone dies!

- Offer unconditional support day and night
- Never tire of listening
- Cook
- Know when to be there.
- Support financially
- Deal with funeral arrangements
- Share stories of the lost member.
- Write beautiful moving messages
- Assit with amazing rememberance celebrations
- Share personal feelings about their own loss
- Are not afraid to say or do the wrong thing!

Situations to try on, reflect upon, learn from!

<p>1 Your good friend has just lost their life partner.</p>	<p>2 A family member has lost their job they have done for the last 25 years. They are confused and depressed.</p>	<p>3 A child in your care is convinced they will die soon. They lost a sibling the previous year.</p>
<p>4 You must report some concerns to a care-giver. They are angry with the world after an unexpected divorce.</p>	<p>5 A person in your company is especially cruel – thoughtless, to someone grieving.</p>	<p>6 Someone well known in the community has committed suicide.</p>
<p>7 A relative of your neighbor has been murdered.</p>	<p>8 Your partner has landed a new job in a unfamiliar country and culture. You are lonely.</p>	<p>9 A teenager you know well is suffering with an illness and has days to live.</p>
<p>10 A new work colleague arrives and struggles to communicate with anyone and is not settling in.</p>	<p>11 A child’s best friend has moved away.</p>	<p>12 A friend is struggling to cope with a new baby.</p>


Please write down



*actions that you will go on to do
in the future as a result of
today's workshop*

These actions can be new, ones to be continued, ones to do in the present or in a few months. They can be solitary or you may decide to ask others to join you.

Please Remember Not All Changes Is Bad!

Note  wondering
you still have! Ask that
your inquiry will
somehow, someway be
answered!

Choose to live a
LIFE THAT MATTERS...

*Many thanks for
joining in, growing
and sharing!*



a.walsh@dominics-int.org



Please fill out the evaluation.

Thank you!