

Let's Talk About Lifetimes



The illustrations in this story are beautiful.

Spend plenty of time with each page as you read through.

Notice the colours and details of the pictures together.



Go for walks looking for signs of life and death. Look for plants, insects, birds, and animals.

The cycles of life and death are easy to find in the spring or summer. But in winter there are still evergreen needles, squirrels, tracks of mice, cats and dogs in the snow.

Let's Rhyme

Here is a Nest for a Robin

Here is a nest for a robin.
(Cup hands.)

And here is a hive for a bee.
(Fists together.)

Here is a hole for a bunny.
(Thumb and fingers form circle.)

And here is a house for me!
(Fingertips together make roof overhead.)



The Farmer and His Seeds

(To tune of "Farmer in the Dell")

The farmer plants the seeds,
The farmer plants the seeds,
Hi-ho the derry-o
The farmer plants the seeds.

The sun comes out to shine.....
(Make circle with arms)

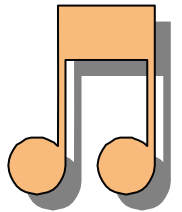
The rain begins to fall.....*(Hands flutter down.)*

The seeds begin to grow.... *(Stand up)*

The farmer cuts them down....

He (She) binds them into sheaves...

(Arms in circle.)



Note to Parents & Caregivers

Books can help parents talk to children about difficult things. Ask your child questions about their thoughts and feelings. Use questions that will require more than a "yes" or "no" answer. Questions that start with "How" or "Why" may encourage your child to talk openly.

Spark conversation with open-ended questions.

Let's Create

Memory Book

Creating a memory book is a great way to work through all the feelings that the death of a loved one can bring.



Create a memory book about the person who has died. Use a scrapbook, photo album, or sheets of construction paper tied together with ribbon. Mount photos and hand-drawn pictures on the pages. Spray a page with the person's favourite perfume or cologne. Help your child write down memories about the person to include in the book.

Let's Be Together

It is difficult to talk about death with children. We want to protect them. We worry that talking about death may cause them more grief.

In fact, if we do not help children talk about their grief, they will be left to grieve on their own. Though we cannot take the pain away, we can share it with them.

This book helps children understand life as a cycle that ends with death.

Here are some ways to share grief with your child. Sometimes sharing grief means that you take some time to celebrate a person's life.

- Ask your child if they would like to look at photographs of the person with you. It can open up talk about the person and how the child is feeling.
- Together, each draw a picture of your best memories with that person. This lets you share the good memories of that person.



Children are not alone in their grief if we talk about death with them.



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