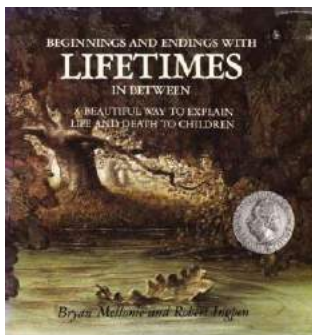


Topic: Balance: Life and Death

Activities on Sunday morning:

- ❖ Clay will be available to play with today – forming and reforming, clay reminds us that nothing is lost totally because we can remember all the ways it was before.
- ❖ VIDEO - A pumpkin's life (3 min.) <https://www.youtube.com/watch?v=xuUm6ygAhPI>



STORY: Lifetimes: The Beautiful Way to Explain Death to Children

by Bryan Mellonie (Author), Robert Ingpen (Author) <http://amzn.to/2jWJACh>

- Lifetimes tells us about beginnings and about endings, and about living in between. With large, wonderful illustrations, it tells about plants, animals and lastly about people. It tells that dying is as much a part of living as being born.

DISCUSSION QUESTION

Sometimes when you are outside you may notice a butterfly or bug or bird has died because it is not moving on the ground. Or maybe a family pet has died. Have you seen the end of a creature's lifetime? You can always share about your feelings about those experiences here. *(Let them talk, affirm feelings)*

- When a pet, or person, we love dies we can feel many feelings: sad, mad, or even glad (especially, if they were hurting and we wanted them to be free of pain). There is no one right way to feel. You can feel all sorts of feelings when someone dies. You might also be reminded or at different times of year, like holiday times or in places where you spent time with them. It takes time, but eventually you will begin to feel better.
- Unitarian Universalists come together to celebrate the lifetimes of people. When someone dies, people come to a Unitarian Universalist house of worship. They listen to music and read readings and take time to share stories about often you see pictures the person who has lived. It is called a "Memorial Service" It helps to be together and to remember the people we care about and love.

FAMILY TAKE-IT-HOME -Faith Formation resources:

- **This Pamphlet is a quick resource-** What to say and not to say, Q & A, And why have these conversations with children...

http://www.dyingmatters.org/sites/default/files/user/images/Resources/Promo%20materials/Leaflet_8_Web.pdf

- **About Death: A Unitarian Universalist Book for Kids** – has a story and answers to questions. This is a good book to refer to as questions arise

<https://www.uuabookstore.org/About-Death-P17257.aspx>

- **Cry, Heart, But Never Break** is a beautiful story that shows death acting in unexpected ways from the usual scary portrayal. Here is a review with some

snatches of the illustrations <https://www.brainpickings.org/2016/03/08/cry-heart-but-never-break/>

