

MEMORIAL DAY

Lesson

Death can be difficult for children to understand, especially when they are experiencing it in their own lives as someone close to them passes away. Memorial Day is a great time to teach about the memories and love we have for the people who lived and died. Exposing your child to death and explaining your beliefs to them in very sensitive terms can help them overcome fear about death, as well as aid in their understanding of the process.



Arts & Crafts

Materials: Crayons, paper

Think of someone you and your child know who has passed away, and make a card for their family members who may miss them. You can also help your child make a card or write a letter to someone they would have liked to have known, such as a grandparent that passed away prior to the child's birth. Although they won't receive it, writing it may help your child feel more connected to that person.

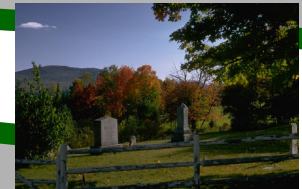
Snack Time

Pay tribute to someone who has passed away by making a food they like. You can use someone you knew personally, or do some research to find out the favorite food of a famous person who has died. Talk to your child about the person who died as you enjoy the snack together.



Outing

Take your child to a cemetery. Look at the graves, and point out any people you may be related to or acquainted with. Try to not focus on the sadness of death, but rather the memories of the people who have passed on.



Reading Time

- I Miss You: A First Look at Death, by Pat Thomas
- I'll Always Love You, by Hans Wilhelm
- Gentle Willow: A Story for Children About Dying, by Joyce C. Mills

