

## Objective

By the end of this lesson, Mila will gain a better understanding of the concepts of death and dying, learn about different cultural perspectives on funerals, and express her thoughts and feelings about these topics through creative activities.

## Materials and Prep

- Paper and colored pencils or crayons
- A quiet space for reading and reflection
- Books about death and funerals appropriate for children
- Time for discussion and creative expression

Before the lesson, it would be helpful to read some age-appropriate books on the subject to prepare for discussions. Make sure to create a comfortable environment where Mila feels safe to express her thoughts and feelings.

## Activities

- **Story Time:**

Start by reading a book about death or a funeral that is suitable for Mila's age. After reading, discuss the main ideas and how the characters felt. Ask Mila what she thinks about the story.

- **Feelings Drawing:**

Have Mila draw a picture that represents her feelings about death or a memory of someone she may have lost. Encourage her to use colors that match her emotions.

- **Funeral Role Play:**

Set up a pretend funeral with toys or dolls. Mila can take on different roles, such as the person who has passed away, family members, or friends. This will help her understand the different aspects of funerals in a playful way.

- **Memory Box:**

Help Mila create a memory box where she can place drawings, letters, or small items that remind her of someone special. This activity can help her celebrate the life of that person.

## Talking Points

- "Death is a part of life, just like how trees lose their leaves in autumn. It's natural and happens to everyone."
- "Different cultures have different ways to say goodbye to loved ones. Some people have funerals, and some have celebrations."
- "It's okay to feel sad when someone we love is gone. Talking about our feelings can help us feel better."
- "Remembering the good times we had with someone can make us smile, even if we miss them."
- "Creating art, like drawing or making a memory box, can help us share our feelings about death."
- "We can honor those we've lost by sharing stories about them and what we loved about them."
- "It's important to ask questions about death. There are no silly questions, and it's good to talk

about it."