

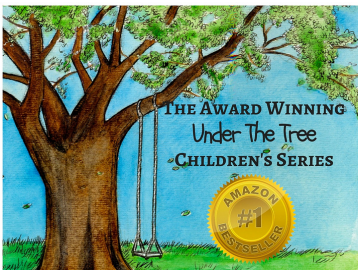
UNDERstanding Love

No matter what our religion or background, we have all experienced the extraordinary feeling of love. When we experience loss, this too is an extraordinary feeling.

How can we help our children put into words something felt, but not seen? Feelings of love and loss are real. A safe environment helps children share their emotions. Children need to know that someone else can relate to what they are feeling.

Connect with your children by sharing your own experiences of love and loss. Here are a few meaningful activities and discussion topics from Beautiful Books (BeautifulBooks.com). Take turns asking each other these questions.

- Why did the boy miss his grandmother so much?
- Have you ever known someone who passed away? How did it make you feel?
- What do you think happens when we die?
- What are some ways you can connect to the people you love right now, even when they are not present (because they live, work or travel in other places)?
- It is always wonderful to tell the people we love how much they mean to us. Write a note or draw a picture to give to someone special.
- Get out some old family photo albums. Talk about your memories of your grandparents and relatives who have passed. These memories still hold powerful and relevant connections.



Please visit www.LetsBeHonestWithDanielle.com for more information. Danielle would love to come and visit YOUR school or library. With laughter and engagement, she will share the secret to finding the story-teller with in each of us and why it is so important to tell our stories:

