

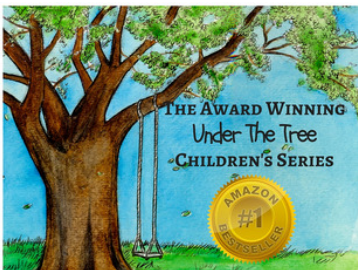
UNDER standing Loss

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.

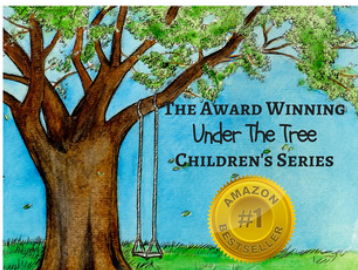


UNDER-standing Love

Love cannot exist without the act of giving. Good values and self-care are instilled when we present children with the opportunities to implement them. These are parents' ultimate gifts of love. Fostering these habits in our children inspires independence, confidence, discipline, appreciation, and compassion for others.

Here are a few fun activities and discussion topics from Beautiful Books (BeautifulBooks.com). Take turns asking each other these questions.

- Why did the boy feel like his parents didn't love him?
- Is it ever hard to follow directions?
- What do your parents or caregivers do to show you that you are loved?
- How do you show your parents or caregivers that you love them?
- Pick a habit or chore that is challenging for your child. If remembering all the steps is a problem, write out or illustrate each step. If motivation is the issue, make a calendar for the task with space for reward stickers. Write "It is important to _____ because _____." on paper. On one side, draw a picture of a good habit ("eating vegetables"). On the other side, illustrate why it's important ("strong muscles"). Rather than drawing pictures, your child could search for photos in magazines to cut and paste.
- On a posterboard, write or draw your daily routine together. Discover how much your child already knows.
- Collect cans of food, supplies for animal shelters, or gently used clothes or toys to donate. Deliver with your child, so they can practice the act of giving..



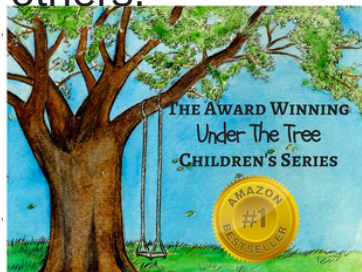
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UNDER-standing Where We Are

Understanding exactly where we are can be a very powerful tool. We have all felt lost, confused, and scared at times. However, things may not feel as overwhelming if we step back and change our perspective. Here are a few fun activities and discussion topics from Beautiful Books. Take turns asking each other these questions. .

- Why did the boy think he was lost?
- Do you feel "lost" sometimes, in a new or unfamiliar situation (a move, a new school, family changes, etc.)?
- What makes you feel safe?
- What are your favorite things about home?
- Take a walk in the woods or around your neighborhood. Look for landmarks and other ways to find your way around. Blindfold your child (in your backyard or house); hold their hand for safety. Then see if they can feel their way around and figure out where they are and what they are near just by using their other senses.
- Talk about how things look different from different angles -- or with a different perspective. Drive to the top of a hill to see how things look different from far away, or get a magnifying glass to see how things look different very close up.
- Ask your kids to find other ways to see things. Not only is this a skill that helps them use their senses and critical thinking skills, but it is the foundation for them to see other people's perspectives in life and solve conflicts with others.



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