

# LESSON PLAN: REMEMBERING

## Objective

Children will have an opportunity to think about how their life has changed, who they now live with and who they remember who has died.

*NB: Many children have absent parents with whom they have no contact and this may be an emotive task for them too. Please ensure you know all children's backgrounds if doing this activity in a wider group and be accepting of all in their individual situations.*

## Resources

- Selection of printed accommodations; houses (terraced, semi, detached + garages to help resemble their own home, & flats)
- Selection of male and female figures in a variety of sizes to demonstrate different ages and represent members of their family, + baby
- Generic pets (cat, dog, goldfish, or hamster)
- Thought bubbles
- Glue stick and felt pens
- When Dinosaurs Die
- Families by Todd Parr

## Time

5 mins

## Activity

Introduction - Child(ren) come and sit with you.

- Explain that you are going to have some time thinking about families and how different families can be, from the people who are in families and the places they chose to live. Read Todd Parr's book 'The Family Book'.

10 -15 mins  
depending on  
group and age

- Explain you would like the child(ren) to think about their family, who is in their family, the place they live together, the things they like to do together.  
Ask for suggestions, and accept all answers; I live with my mummy, I live with mummy, daddy and nanny, I have two brothers, I have two daddies; my mummy is going to have a baby, I live with my mum and I stay with my dad at weekends...etc.
- Show the children a prepared picture of a family (use the same resources to prep a fictional family that is typical to the group).
- Explain the picture: This family are called...., they live together in a house that has another house on either side, it has a little garden at the back, describe the family members and their relationships and pets etc.
- Add that in this family something sad happened when one of their family died and show the figure representing the dead family member, and tell them who this person was (this is an ideal time to reinforce the language of dead & alive).

**Daddy became ill, and even though the doctors tried the medicine couldn't make him better and his heart stopped working and he died.**

- Explain that when someone in our family dies, they stay as part of our family even after they have died (if you have discussed funerals/cremation you can add this in here) and are not there to live with you anymore.
- Use a thought bubble and demonstrate sticking the relevant member of their family onto the thought bubble.
- Tell the child(ren) that we still remember those in our family who have died when we think about them and we often carry on feeling things about them like sad they have died, or happy when they remember holidays or special times.
- Stick the thought bubble above the house to demonstrate the on-going thinking and memory of their loved one. Child(ren) may add grandparents or pets that have died

15 mins

#### Task

- Instruct the child(ren) to complete their picture about their family. Ensure sufficient staff to support children who will find this a challenge, both thinking about their family for whatever reason as well as helping them manage their emotions.

10 mins  
(depending on the  
size of the group)

Ask the group to tell you about their family.

#### Plenary

5 mins

Praise the child(ren) for their work. Remind them that all families are different, and ask for examples of some differences:

For example the number of people in their family, where they live, the types of pets they have, the things they do together, their favourite foods, if they are sporty, if they laugh a lot.

**One thing is the same for ALL families, when someone they love dies, they remember them in their thinking and in their hearts and they stay part of their family.**

Some children may have found this challenging and could be upset. If so, you could offer a pot of bubble liquid and encourage the children to think about their feelings and go outside for a few minutes and blow their feelings away with the bubbles.