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| Life and Death |

Nearly everything has a life span. A life span is the length of time something is expected to live or last.The life span of a fly is 15 to 30 days. That’s not very long.The life span of a dog is 12 to 15 years. One dog named Bluey, lived to be 29 years old. That’s a long time for a dog! Our bodies are not made to live forever. But exercising and eating nutritious foods can keep our body healthy so we can live a long life.The life expectancy for humans is about 78 years. Some people die earlier. Other people die much later. Some people have lived up to 100 years old. One woman in France lived all the way up to 122 years of age!No one really knows when a person’s body plans to stop working. It just happens.

People can die when they are very unwell and doctors are not able to make them better.

Some people can be in serious accidents where they have serious injuries that cannot be repaired.

We must try not to worry about people dying. We should try to have fun, be happy and enjoy all the nice things we do. It’s sad when someone we know dies. If they could stay longer they would. Every person's body is different. When a person dies, that is the end of that one person’s life span.

When we die we go to heaven. We believe that heaven is a lovely place and everyone we know are together. I must try hard not to be sad for the person that has died although I will be very sad that I cannot see them. They are with Jesus and he will keep them safe. They will be able to see me and my family and look after us. One day I will see the, again when we are all in heaven.

* photo tribute
* release balloons.
* light paper lanterns in
* Create a memory box of cherished items.
* Add a tree ornament with the family member’s picture on it. Many craft stores sell ornaments where a photo can be inserted into it.
* Draw a picture of the family member or one of their favourite things.
* Have your child write a poem about your family member. The Family Friend website has many ideas for memorial poems.
* Bake a cake on the person’s birthday.
* Include a picture of family member in your child's bedroom.
* photoxpress image – seedling. Plant a tree or flowering bush in your backyard in honor of your relative.
* Make a pillow with the family member’s picture on it.
* Look through photo albums and talk about fun times your child had with the relative.
* Create a scrapbook page about the family member.
* Make a garden stone with the relatives name on it (e.g. I love you grandma). Here’s how to make one from Kidzworld.
* Volunteer or give money to a charity that was important to your family member.