



# LULU FACES LOSS

## AND FINDS ENCOURAGEMENT

### BOOK DISCUSSION GUIDES

Use the book and it's accompanying activity to discuss dying, death, and grieving with a child.

*You'll find guides for:*

- Discussing a loss
- Children ages 3-5
- Children ages 6-9
- Discussing an impending death

*Dear caring adult: Print and preview the questions before your time together and select questions you feel would best benefit the child.*



## BOOK DISCUSSION GUIDE

### TALKING ABOUT A LOSS

#### *Talking about the experience of loss::*

How did Lulu feel when Grandma died? What did she say or do?

How did you feel when \_ died? (Ask them to describe with words, show with their face/body, or draw a picture.)

What do you miss most about \_? What will you always remember about \_?

#### *Expressing sadness:*

Do you think it's ok to feel sad?

Do you remember a time when I was sad? What did I do?

Do you think that it's ok for grown-ups to feel sad sometimes, too?

What's a good thing to do when you feel sad? (give examples: cry, look at old photo albums, write the deceased a letter, draw a picture, etc.)

#### *Finding encouragement:*

At the end of the book, Lulu feels both sad and encouraged at the same time! Do you think that you'll feel that way some day?

What does encouragement mean? What made Lulu feel encouraged in the book?

Can you think of a time when you felt encouraged in the past? What might help you feel encouraged now?

Can you think of someone else who needs encouragement right now? What do you think you can do to encourage them?

How can we encourage each other? (Adult and child share)

## BOOK DISCUSSION GUIDE



# AGES 3 - 5



### *Find a picture*

Find a picture where Lulu looks sad. Why is she sad? How do you look when you're sad? (Show me with your facial expression)

Find a picture where Lulu looks encouraged. Why is she encouraged? How do you look when you're encouraged? (Show me with your facial expression)

### *Show me with your face/hands:*

How did you feel when \_ died? (Ask them to show with their face/body, or draw a picture.)

Show me with your hands: How much do you think that Grandma and Lulu loved each other? How much do you think that Grandpa and Mom loved Lulu? How much do you think that \_ loved you? How much do you think that I love you?

### *More discussion:*

What's something you can do when you feel sad? (Give examples like: hug a teddy bear, ask for a hug from me, draw a picture, etc.)

What did Lulu make to encourage Grandma? What else did she do for Grandma?

When Grandma died, Lulu was very sad. What made Lulu feel better?

What do you miss most about \_?

When you feel sad and miss \_ what helps you feel better?



## BOOK DISCUSSION GUIDE

A G E S 6 - 9



### *Sadness – Looking back:*

Can you tell me a funny story about \_?  
What will you always remember about \_?  
How did you feel when \_ died?  
When was a time you felt really sad this week?  
Do you remember a time when I was sad? What did I do?  
Do you think it's ok to feel sad? Do you think that it's ok for me to feel  
sad sometimes, too?

### *Finding encouragement – In the present:*

What's something you can do when you feel sad? (if they can't think of anything, give examples like: look at old photo albums, write the deceased a letter, draw a picture, etc.)

What do you think encouragement means? How do you know when someone is encouraged?

How do you know when YOU feel encouraged? What helps you feel encouraged?

At the end of the book, Lulu feels both sad and encouraged at the same time! Have you ever felt that way? What was happening when you felt that way?

### *Encouraging others:*

Can you think of someone else who needs encouragement right now?  
What do you think you can do to encourage them?

Do you think everyone needs encouragement? Why / why not?

What can I do to encourage you? How can we encourage each other?



## BOOK DISCUSSION GUIDE

### DISCUSSING AN IMENDING DEATH

#### *Predictions:*

What do you think you'll feel when \_ dies? Do you think it will always be that way, or will it get better or worse?

What will you miss most about \_?

What did Lulu do to encourage Grandma when she was sick in bed?  
What might \_ encourage \_ right now?

Who else might need encouragement right now? What could you do to help encourage them?

#### *Expressing sadness:*

When was a time you felt really sad this week?

What makes you feel sad right now? What makes you feel scared?  
What makes you feel angry?

What's something you can do when you feel sad, scared, or angry?  
(give examples like: talk to me, look at old photo albums, write the deceased a letter, draw a picture, etc.)

#### *Finding encouragement:*

Can you think of a time when you felt encouraged in the past?

What \_ might help you feel encouraged now?

What do you need from me?

How can we encourage each other? (Adult and child share)