

What does a “normal” day look like for you? Maybe you slept in your favorite old T-shirt. You fed your dog, grabbed your backpack (that’s always placed by the door the night before) and jumped on the school bus. You visit with friends, laugh at a few jokes, take a test, read, work some math problems and eat in the cafeteria. You return home, hang outside for a few hours, complete homework, take a shower and go to bed. This may be your average kind of day.

But what happens when your normal day changes? Your favorite pet dies. Your grandparent dies.

Your “comfortable” day is suddenly “uncomfortable.” Different people react to death in different ways.

- You may want to be with loved ones and friends or you may want to be alone.
- You may want to sleep all the time or you find that you can’t fall asleep.
- You may cry a lot or you may not cry at all.
- You may snack on food or you may not feel like eating.
- You may want to honor your loved one or pet with a celebration or you may feel like skipping birthdays and celebrations.
- You may want to talk about the death or you may not want it mentioned.
- You may feel better in a few days or you may feel better in a few months.
- You may feel sad and angry or relieved that the pain is over for a person or pet that has been ill.

You may feel a combination of these things or none at all. Each individual reacts to death differently. Feelings are not good or bad. Feelings are just *feelings*.

Sometimes change is good and sometimes it’s not so good but change is always present. We must face the sad changes just as we face the happy ones.

Everything that lives eventually dies. Although we miss people or pets that die before us, we have ways of remembering them in our hearts. Death can not steal our memories. Memories stay with us forever and we take them wherever we go.



Unscramble the words below. When finished, the boxed letters in each word will spell out a secret message.

taher _ _ _ _ _ □
tedah _ _ □ _ _
egselrif _ _ _ □ _ _ _ _
kisp _ □ _ _
feirfnted _ _ _ _ _ _ _ □
mriomees _ _ _ □ _ _ _ _
nreidsf _ _ _ _ _ □
abtofomcrel _ _ _ □ _ _ _ _ _
merbmere _ _ □ □ _ _ _ _
nloea _ _ □ _ _
rgnya _ □ _ _ _
gcaneh _ _ _ _ _ □

Word Clues

As you unscramble the words, you will find each word listed below.

- alone
- comfortable
- friends
- skip
- death
- angry
- feelings
- remember
- heart
- memories
- change
- different



When you've unscrambled all the words above, put the boxed letters in the spaces below. Hint: Keep the boxes in order.

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