

Howard B. Wigglebottom Listens to a Friend: A Fable About Loss and Healing

Suggestions for Lessons and Reflections

LIFE'S RULES

We may not like it, but just like in school, life on this planet has many rules. Here are some of life's rules: there are days with light and nights with darkness, if things go up they must come down (except rocket ships going into outer space), things will not happen the way we want all the time, things are not always fair, everyone will experience pain of some kind, everything changes and ends, and all people and pets will die someday.

WHEN THEY BREAK, STOP WORKING, OR DIE

It's very sad when things, pets, and people we love break, stop working, or die. It's a part of life we don't even like to talk about.

When we do talk about it though, we get to feel better. What does it mean to die?

When people or pets die, their bodies stop working. They can't walk, play, speak, eat, see, hear, sleep, feel pain, or feel good. We don't get to be with them anymore.

Does everyone die? Yes, everyone will die. It's one of life's rules. We feel very sad when it happens and we will have many bad days, but with time we all will feel better.

FEELING SAD OR MAD?

When a loved one dies, we may get very sad or mad and have very bad days like Kiki did, or we may want to stay quiet and alone for some time. Some of us may want to cry a lot, or we may want to play and run just like nothing happened. Whatever we may feel like doing or saying is OK, as long as we apologize to people in case we do or say something not nice.

It might take many days to feel better again, and even then, the sadness will be on and off for a long time until it is more off than on.

THINGS TO DO TO FEEL BETTER

While we wait for the sadness to lift, there are a few things we can do to feel better when a loved one dies:

- have a show and tell about the person or pet
- play outdoor games like soccer or football, or jump rope or climb stairs very fast
- kick, scream, and punch pillows or punching bags
- count your blessings
- volunteer to help your parents, neighbors, young children, or a teacher



- sit next to a window, a tree, or a pond and watch the clouds go by

-watch your favorite movie over and over

-read your favorite book

-draw pictures

When we are trying to help a friend or relative whose loved one died,we need to be very patient and forgiving. Just like Kiki our friend or relative may be mean, strange, no fun and may not want to see or talk to us for a while. If the friend or relative say “I want to be alone” we must leave them alone until they are ready to come out and play with us again. Remember to be loving and patient!

