



## Magpies - September 2022

### Expressing Ourselves

Sometimes when someone dies, it can help to write down what you are feeling. Perhaps you could write a letter to the Queen, telling her what she meant to you or talking about your memories of her. If you don't want to write, you could draw a picture of her, or something she reminds you of.

### Flowers and Wreaths

Sometime people buy flowers to help them remember, because flowers are beautiful and help us feel peaceful. Why not spend some time with nature, perhaps going for a walk, and see what flowers you can see. You may want to come home and draw a wreath made up of some of the flowers you have seen. Older children may want to have a go at making origami flowers. Ideas for some origami tulips can be found here:

<https://www.toucanbox.com/activities/easy-origami-flower>

### Lighting the Way

In some cultures and faiths, people like to light a candle to show they are thinking of a person who has died. The light helps them feel hopeful and brings light to the darkness. You might have some candles at home, and you could ask your parents to help you light a candle for 5 minutes to help you reflect. Always ask a grown up to help you when you are using candles, and make sure that you blow the candle out after your five minutes.

### Parent's Corner

It can feel very difficult and scary to know how to approach big subjects like death with our children. In some cases, as well as being sad about the Queen, we know it can bring up other memories and feelings relating to other people (and in some cases pets) that they have lost. We know it is important to give children space to talk about what they are feeling, and there is lots of advice out there. We feel the information in the link below, which has some helpful ideas on how to talk about the subject to help your children feel less anxious and confused, has some good tips.

<https://www.savethechildren.org.uk/blogs/2022/talking-to-kids-about-the-queens-death>