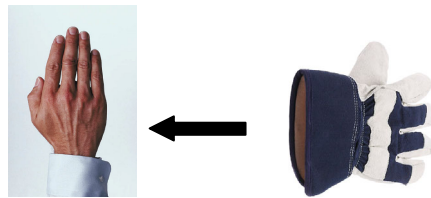


Death



We have life inside of us. This is what makes us alive. To help me understand this better, I can put my hand inside of a glove. I can pretend that my hand is life and the glove is a body. My hand can make the glove move.



Everyone and everything dies. This is a part of life. When someone dies, they do not have life in them anymore. To help me understand this better, I can pull my hand out of the glove. The glove doesn't move anymore.



Some people believe that there is a heaven. Some people believe in an afterlife. I can talk to my mom and dad about what they believe.



When someone dies, people feel sad. Feeling sad is OK.



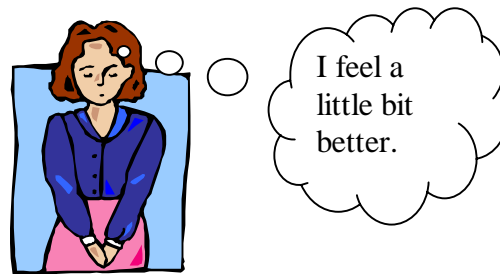
Sometimes people feel sad because they can't talk to the person anymore.



Sometimes people feel sad because they can't see the person anymore.



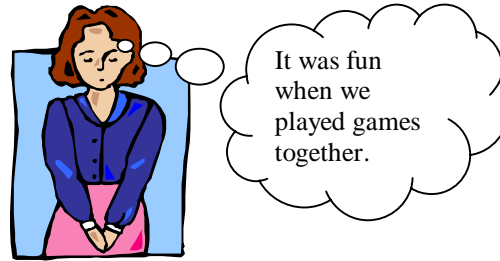
Sometimes people feel so sad that they cry. Crying is OK.



Sometimes after people cry, they feel a little bit better.



Sometimes I might cry. I might cry for a few days or a few weeks.



Even though someone dies, I can still remember the fun things I did with him or her when they were alive. Remembering the fun things can sometimes help me feel better.



Time will also help me feel better. It is OK to feel better.

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