

BIBLIOTHERAPY LESSON PLAN

TASK OF GRIEF:Accepting that Death is a reality.

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BOOK INFORMATION

Book title: Lifetimes

Author: Bryan Mellonie & Robert Ingpen

Publisher and date of publication: Bantem Books; 1983

ISBN: 978-0553344028

Number of pages: 40

Reading level or interest level: K-3rd grade

BOOK SYNOPSIS

This book shows the cycle of life, from birth to death. First referring to plants, insects and animals, the book ends with people following the same patterns. Beginning with birth, living, and finally dying, each phase of life is part of the life cycle. Pictures are beautifully drawn.

LESSON OBJECTIVE

This book helps children to understand the natural cycle of life and that death is a part of the cycle.

LESSON MATERIALS AND ADVANCED PREPARATION

1. Camera/phone to take pictures or to take short videos (less than 5 minutes) of students explaining the cycle of life.
2. Seeds of any kind (a few seeds for each student); pictures of plants that the seeds will become (from magazines or from the internet) and a picture of a dried up plant of dead tree.
3. If an outside walk could be arranged, students could observe examples in nature.

KEY VOCABULARY AND CONCEPTS

Cycle: something that happens in the same way over and over again, always the same pattern.

Birth: the start of life, the beginning.

Living: This is the part of the cycle where the plant is growing and taking in water and sunshine; people move and breathe and their heart is beating.

Death: Body quits working and moving, people stop breathing; plants stop growing and dry up.

PRE-READING ACTIVITY

Tell the children the name of the book: Lifetimes.

Ask if they have ever seen a baby puppy; sprouted a seed and watched a plant grow; had a baby in the family and noticed that the baby grew and did not stay little for very long. Explain that this story is about the cycle of life. Ask them to listen carefully.

READ THE BOOK

POST READING DISCUSSION

Ask the following questions:

What was your favorite picture in the book?

How does a plant begin its life?

How does a bird begin its life?

How does a person begin their life?

Raise your hand if you have planted a seed and watched the plant grow.

Stand on one foot if you have ever had a pet that died.

Clap your hands two times if you have a baby in your family.

Stand up and raise both hands high into the air if your family has baby pictures of you when you were a tiny baby.

Hold up three fingers if you know the three parts or phases in the life cycle? (being born, living, and dying).

POST READING ACTIVITY

Model what you expect for this activity by giving a short explanation of the cycle of life. Divide the students into small groups (4-5 students per group). Give the students about five minutes to prepare their short presentations on the “cycle of life”. Use a camera to take pictures or to take short videos. Presentation must cover the three phases. Ask the students to explain the cycle of life. Encourage the students to use some of the props that you provided: seeds, pictures of plants that the seed will become and picture of a dried up plant or dead tree. Share the videos and pictures with the class.

Another option for an activity is to take the students outside for a short walk. Students could find examples of the life cycle. Discuss the students’ examples when you return to the classroom.

CLOSURE

Ask the students to fill in the blanks. Pause and encourage them to say the words: Today we talked about the cycle of “Life”. A plant is first a “Seed”. A bird is first and “Egg”. A person is first a “Baby”. Every living thing eventually “Dies”. This is the cycle of life. Right now everyone here is enjoying the cycle of life. We are “Living”.

Hang a poster or reminder in the classroom.

“We are all connected in the great circle of life.” (Lion King)