

THE STAR CLASS

The days surrounding the death of a loved one can be a confusing and disorienting time for children, particularly young children. Altered daily routines and unfamiliar sights and sounds can be difficult for them to cope with. Children need honest, simple explanations of the events they are experiencing with the adults around them.

The STAR class contains words and images that are not usually part of everyday conversation for children or adults. Providing children with the opportunity to hear the words describing the funeral process, to express feelings and concerns in a creative art activity, and to write a STAR message to a loved one who has died can give them a sense of power over this new experience and help lessen fears about what the funeral is all about.

Many years from now a child may not remember specific details about the funeral they attended, but they **will** remember that it was a meaningful, non-threatening, loving experience and that they were actively involved in the final good-bye to the loved one who died.

It was—

a Special Time to Always Remember™

What's a Funeral Anyway?



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STAR Program

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What's a Funeral Anyway?



a **S**pecial **T**ime to **A**lways **R**emember™

*Even though I can't talk to
my grandma on the phone anymore,
I can talk to her in my heart.*

Alexi B. Age 4



The STAR program is offered to families of children attending the funeral ceremonies of a grandparent, parent, other family member, classmate, or other loved one who has died.

It is a sensitive, caring approach to explaining the funeral process through stories, pictures, discussion, peer support, a craft activity and a STAR message.

For more information or to make arrangements for this class, please ask your Funeral Director for details.

*"What a wonderful thing you are doing!
This type of class for kids is so needed.
We just didn't know what to say. We weren't
even sure if we would have the children attend
the funeral. We are so glad we did!"*

Mother of Brandon, age 3 & Sarah, age 8

Goals & Objectives

- * To prepare children for the visitation and funeral process.
- * To familiarize children with the "language" of the funeral experience.
- * To provide the opportunity to view photos of the funeral "equipment" before experiencing these things first hand through a non-threatening medium.
- * To provide a creative outlet through a craft activity to express feelings and concerns about their loved one who has died.
- * To allow children an opportunity to express final thoughts or feelings to the deceased with a STAR message.
- * To facilitate a discussion of their observations and perceptions surrounding death.
- * To offer grief support by the class facilitator, as well as peer support within the group.
- * To educate future generations on the benefits of funeral service.