

# MO'S MONOLOGUE

Losing someone or something is never easy. Sometimes even losing a shoe, or a sock, or a toy can be frustrating, but the pain of losing a person or a pet is even harder! I definitely sympathize with poor Mo! He clearly misses Patch the cat very much.

Sometimes doing something as simple as drawing a picture or talking to someone we've lost, like Mo did, can be a lot of help. It's a way of helping us deal with the loss.

What was Mo doing in the video clip? He was thinking about the good things, the happy memories and the things that made Patch happy.

It's important to remember that all animals, including humans are born...they grow old and some will go on to have children....and in the end, unfortunately, all animals die. We call this the life cycle. Although of course it's not easy to think about losing an animal as a natural part of the life cycle

What can you do when you feel lost without your pet, or someone or something you've lost? Well, you can do exactly the same as Mo, remember the GOOD things!

Remember that thinking about the good things can be difficult, so you have to feel READY to gather memories about a person, don't put pressure on yourself to do this too quickly.

## TASKS

### Memory Jar

If you feel ready, why not think about your favourite memory of someone/something you've lost, like Mo? Write some of these memories on individual pieces of paper and create a jar of wonderful memories. Then when you're having a bad day, you can take one out and read it and relive that wonderful memory that made you feel happy.

This can work with anything, even if you don't long for someone or something. Why not think about your favourite memories of the year so far? Or if you can't think of wonderful memories this year, what about last year, or why not think about all the good memories of your life? On a bad day, you can pull out one memory to remind you that this is just a bad day after all, not a bad life.

### Life Cycle

No questions what comes after death. It's also important to learn the science behind the life cycle of animals.

As I was saying, the life cycle is part of every animal's life including us, as people. Animals are small when their life starts. Over time they grow bigger and their bodies change. When they are grown up, they may reproduce and have young animals of their own. These children will grow old and may eventually have children too, and so the life cycle continues!

## Life Cycle Quiz

- 1) The human life cycle consists of offspring called ....
  - A. Bulbs
  - B. Caterpillars
  - C. Babies
- 2) What would happen if things didn't reproduce?
  - A. People would survive
  - B. Life would end
  - C. Trees would survive
- 3) What does the picture show?
  - A. Life Cycle
  - B. Pollination
  - C. Mammal
- 4) True or False: Every animal has a life cycle
  - True
  - False
- 5) How does the life cycle end?
  - A. The animal dies
  - B. An animal is born
  - C. The animal gives birth to a baby



### Research

Research the life cycle of the Frog, Butterfly or Ladybird and create an explanatory text describing how and why the cycle occurs.

Draw a diagram of the life cycle as part of the factual text.