



## **Ars Moriendi**

### **Activities: Grades 3-5**

1. Dying and death can be scary to think about because they are hard to understand. They can also make us feel sad or even confused. Death, grief, and dying have always been represented in art. Grief is how we handle our thoughts and feelings when something sad happens, like when someone we know dies. Creating art helps artists work through feelings and thoughts they have about death as well as helping a person looking at the art. What do you think about or feel as you look at these pieces? Do any of these pieces help you understand death or grief better?

#### **ACTIVITY:**

- Draw a picture about a time you were sad. Think about different colors and images that can help you express those thoughts and feelings of when something made you sad. After you've finished your picture, write a little about what happened to help you feel better. Did you play with your pet, watch your favorite movie, or read a book? Did you talk about those feelings with a grown-up?
2. Death and dying are sad things, but sometimes talking about these things helps us not feel so sad or upset. Some of these artists use their work to help them not feel as sad. Do you see any images that might not be sad? What do you think the artists were thinking or feeling when they created these pieces? What do you see in the works that helps you not feel as sad?

#### **ACTIVITY:**

- Draw or build something that can help you during times you may feel sad or upset. Does it have bright colors or make you smile? Is it an image of a favorite memory? Create something that helps you feel better.

#### **Additional Resources:**

- Helping Children Deal with Grief:  
<https://childmind.org/article/helping-children-deal-grief/>
- 7 Touching Books to Help Kids Understand Death and Grief:  
<https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/7-touching-books-to-help-kids-understand-death-and-grief.html>
- The Grieving Process: Coping with Death  
<https://www.youtube.com/watch?v=gsYL4PC0hyk>

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Utah State Core Standards:

**Visual Arts**

**Standard Respond**

Students will understand, evaluate and articulate how works of art convey meaning for the observer as well as the creator

**English Language Arts**

**Writing Standard 2**

Write informative/explanatory texts to examine a topic and convey ideas and information clearly

**Speaking and Listening Standard 4**

Report on a topic or text, tell a story, or recount an experience in an organized manner, using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at an understandable pace.