



TODAY'S TOPIC:

Dia De Los Muertos

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

How are you showing others love today?

Lesson

Day of the Dead

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Images of ofrendas 	<ul style="list-style-type: none"> • Coloring sheet 	To explore the Dia de los Muertos traditions.

ASK: How do we honor/celebrate the people we love?

Some ideas:

- Birthday parties
- Gifts
- Acts of kindness
- Telling them what they mean to you
- Saying “Thank you”
- Doing their favorite things with them, sharing their favorite foods

ASK: How do we honor/celebrate people we love that have died? Putting up their pictures, sharing stories about them, keeping certain things that were important to them, visiting places they loved.

SHARE: I bet you all know what holiday is coming up. (Halloween) Right! But... does anyone know what holiday is celebrated the day after Halloween? On November 1st and 2nd, the holiday called Dia de los Muertos or Day of the Dead is celebrated. Have you heard of it? Day of the Dead originates in Mexico, where the people wanted to celebrate their loved ones that have died. Dia de los Muertos is a celebration that

reunites families with people they love who are no longer alive. It is believed that the souls of the dead, can return to be with their families again for one night.

ASK: Do you think this holiday is meant to be scary or is it about love? Love. Love for your family.

SHOW: Show pictures of offrendas (google internet search). A big part of Dia del os Muertos is building an altar called an *offrenda*. What are some things you notice about these altars? Flowers (especially orange marigold flowers), skulls (a lot of these are made out of sugar!), candles, food (foods their loved ones liked), colorful garland, pictures, bright colors. Do these seem happy or sad? Beautiful or scary?

SHARE: It is said that “our dead aren’t really dead to us until they are forgotten” and the sugar skulls are a way of showing the souls that they have not been forgotten. These sugar skulls are also given as gifts to loved ones still living to honor them for being so important in your life that you could never forget them.

AFFIRMATION – I celebrate my loved ones! repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .