

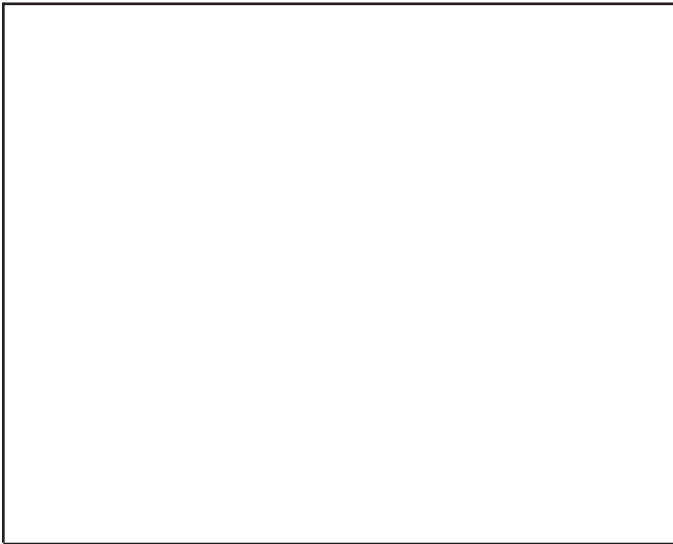
It's Okay To Have A Dragged-Down-Day!

Hi Kids! Even though it's been weeks, months, or even years since you lost a loved one, person or pet, you might have a "dragged-down-day". You might feel really sad and upset, and even cry a lot.

That's normal!

Missing someone you love is part of life.

Draw a picture of your Dragged-Down self in this box below.



You will feel better again. Your Inner Power of Love will remind you how wonderful you are, and encourage you to think loving thoughts about your life!

You have lots
and lots of days
to feel like
you're flying!

