

Hi Kids!

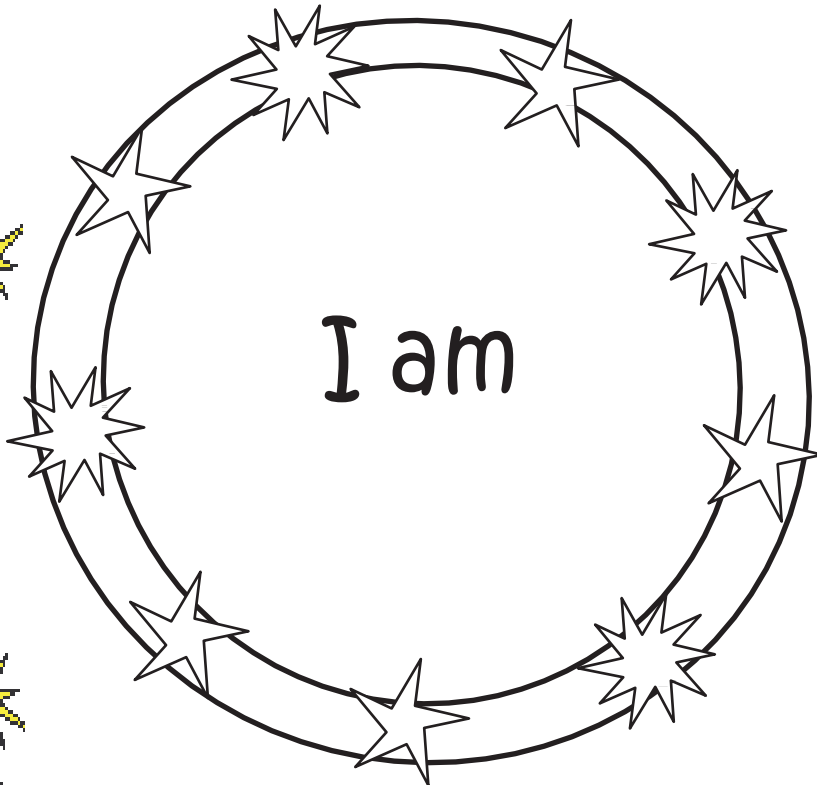
Here's an idea if you're feeling upset and sad about the death of your special loved one.



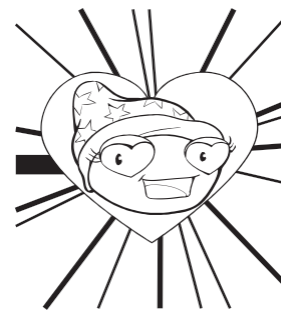
You might be thinking,
I feel very sad right now.
I wish _____ never died.

NOW, take a few, slow deep breaths...and a few more...
The Magic in breathing is that as you think about your
breath, you can clear some of your emotions, like
sadness and worry. TRY IT!

NEXT- Pretend this is a mirror.
Call it your I Am Mirror.



Say something wonderful
about yourself by speaking
aloud, saying "I am _____",
into the mirror.



You will feel better!