

Hi Kids!



Doesn't it feel good to honor a loved one who has died, like bringing flowers to their grave site or creating a special remembrance?



Don't forget to honor yourself when you're grieving. It's just as important!

Here's how I honor myself:

- ★ I keep my thoughts positive because positive, loving thoughts keep me flying! (I LOVE to FLY)
- ★ I make good choices for myself, like choosing friends who listen to me and like me for who I am.

★ HOW DO YOU HONOR YOURSELF? ★

Share your ideas with a friend or family member.