

Here's a picture of Christina spreading the ashes of her beloved dog, Emrys, who was Christina's best friend.

(Can you find me in the picture?)

She was feeling grateful for all the fun times she had with him.

When you feel grateful, your heart is open. An open heart is a loving heart, and love always feels better.

Hi Kids!



So if you would like to feel better about the loss of someone you loved, pet or person, think about all the great times you shared.

I know you will feel better!

