

In the story For the Love of Emrys, Christina was sad and upset about the death of her beloved pet dog. She will always miss him.

Yet, I shared an idea with her that really helped. She's sharing that same idea with you today.

Thanks Christina!



Hi friends! You have the power to choose to feel **love**! Although lots of things will change as you grow up (even you), the one thing that won't change is the **love** in your heart. It will be in you forever! It's your **greatest strength!**

Mystie and I would like you to try this:

- Think about all the things you **LOVE** about yourself.

- Next think about all the things you **LOVE** about your family... your friends... your school... your community...

You are a POWERFUL KID!

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