



This is my friend Christina. She's holding a picture of her pet dog Emrys, who died. She's also holding his bandana, which she saved, to remind her of him.

What special things do you have to remind yourself about your special someone who died? Make a list:





Can you share some of those things with a new friend? It feels good to share memories.



Then ask your friend if he/she has something to share with you.