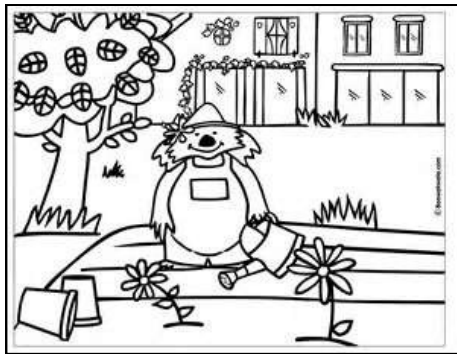




A grief and healing newsletter for children and adolescents

PALS for Living



Sing Into Spring!



Take time this spring to sing your favorite songs as you do your favorite inside or outside activities. You can even sing songs as you help your family do spring cleaning. Spring is also a great time to try a new instrument or join a choir. Playing an instrument or singing is a healthy hobby. So...on your mark, get set, make music!

EXERCISING OUTSIDE

Spring Without My Special Person

Spring is here. I see plants starting to bud and flowers beginning to blossom. I am happy to see new life growing. I wish my special person was here to see everything growing. My special person would be happy knowing I am growing. When I play outside or help in the garden, I will think of my special person. I will remember how much love we shared. I will smile when I think of that love.



Seasons of Grief

X Y M V E G W D V T Z G G Y X
 U Q L V Q L O A J S E Q N G C
 Z S B I C U R C F T Y A Y J C
 K S N Y M Z G Y H L I K R D Q
 Q E H X J A O B G O O P K S X
 R N W A J F F A X T P W O D D
 K D V I P U I B N G S E E D O
 R A K I B P L C M Y E G J R P
 T S G Z V O I U F B A I T C S
 S Y U O S W Y N B P S K H Z X
 K X I S D E C P E L O A W K P
 S P O R M N M I E S N L O V E
 U M R K R X S A N G S P S F V
 F D Q E P E R A E S O M F T S
 Z Q Q I G N Q G N I G E B E A

SEASONS
 TEARS
 HOPE
 LOVE
 HAPPINESS
 SADNESS
 BLOSSOM
 FLOWERS
 NEW
 CHANGE
 GROW
 LEARN
 FAMILY
 BEGIN

Facilitators:

Music Therapist

Erin K. Spring MM, MT-BC

Social Worker

Ernie Doling, LISW

Grief Specialist

Tracey Miller M.S.CCC-SLP, GC-C



Healthy Eating Tips

1. I will eat more fruit than cookies or candy as snack food.
2. When playing, I will remember to drink water.

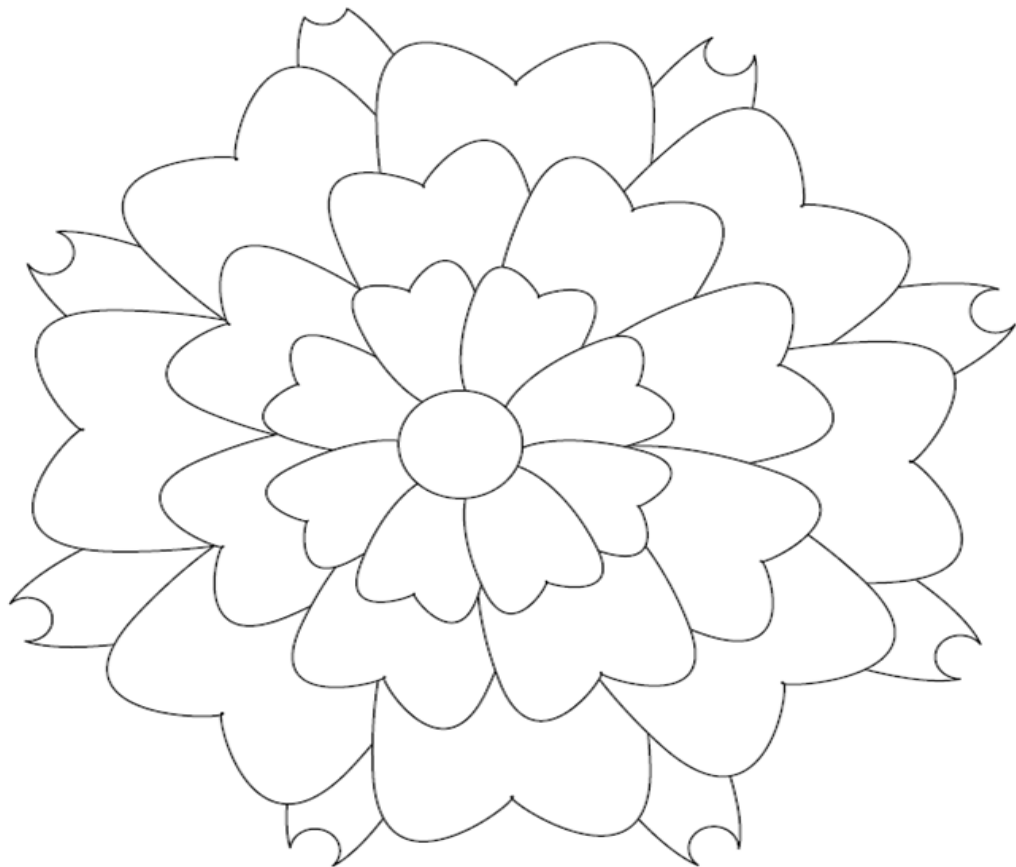
Ask a family member to listen as you finish these sentences:

1. *My favorite season is* _____.
2. *My favorite spring plant is* _____.
3. *In the spring, I enjoy* _____.



Spring Artwork

Color this design with your favorite spring colors.



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