



A grief and healing newsletter for children and adolescents

PALS for Living



It's Picture Time

During the summer, I will use a camera or a cellphone to take pictures of my family or friends hiking, swimming, playing, or laughing while we take a vacation or go on a week-end trip. I will have fun making new memories.

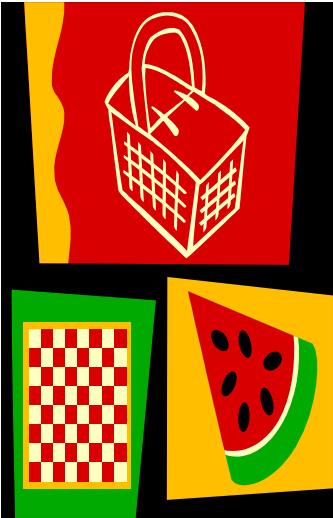


Summer is a great time to go with your family and listen to an outdoor concert! Summer is also a great craft time, and you can make yourself homemade instruments like a drum:

1. Take an empty coffee can or oatmeal can with no lid.
2. Crisscross strips or electrical or masking tape across the top until the whole top is covered
3. Tape or glue a piece of construction paper around the side and decorate.
4. Use a couple pencils or pens with caps on to play drum and have fun!

Summertime Family Fun

We're gonna have some... Summertime family fun,
 Some summertime family fun, starting with a burger on a bun!
 Some summertime family fun together in the sun,
 Enjoying the summertime fun, nothing's gonna stop the fun!



Summertime

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

FUN
 HAMBURGER
 SUN
 FLIPPLOPS
 FIREFLIES
 WATER
 SWIMMING
 SPLASH
 ICECREAM
 FISHING
 CANOE
 CAMPFIRE
 ROLLER
 COASTER
 LAUGHING

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.

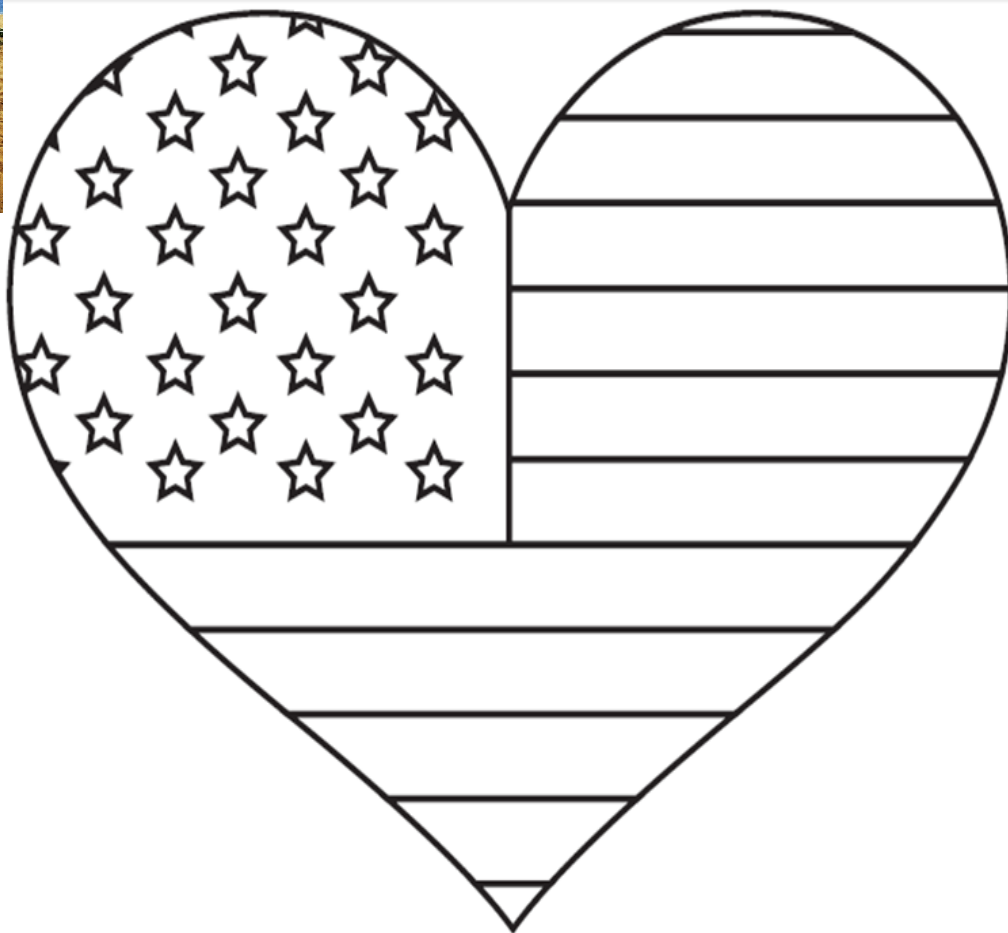
Ask a family member to listen as you finish these sentences:

1. *My favorite summer snack is* _____.
2. *My favorite cookout food is* _____.
3. *In the summer, I enjoy* _____.



Summer Artwork

Color this design with your favorite colors.



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