



Write down your thoughts and feelings

During the week write down the important and special things you'd like to tell your Mom or Dad. You can look at the list to remember what you want to tell your Mom or Dad when you write or talk to them.



Keep a Journal

Write and draw about what you are doing at home and school, how you feel, about people you meet, work or play with, and whatever else you want to say. There are some starter journal pages at the end of this book, or you can staple some writing paper together or use a notebook. Writing things in a journal can help you understand them, and can be a way of remembering some important things you want to say or write to your Mom or Dad.





My Week

Dear _____,

This is what happened to me this week:

I did this new thing:

I had this great meal:

This funny thing happened:

I miss you!!!

I love you,





Talk to someone

Think about all the people who care about you. Take a moment and write down all the people who you could talk to if you ever felt the need to talk. It is nice to think about all the support you have available if you ever need it. Who knows...these people really may enjoy hearing from you!





Help Your “Stay-home” Parent Feel Better

Sometimes your Mom or Dad or Grandparent who is taking care of you feels sad or bad too. Can you find ways to cheer them up when your parent is gone?

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