

Sprite

Resource Guide

Sprite's stories help us understand that those who are no longer with us can still continue to live within our hearts. While feelings of grief and loss are normal, the emotions it creates can be really big. Sprite is here to help support us throughout the difficult journey.

Key Themes

Grief and Loss

Our normal feelings after something ends or changes

Emotional Wellness

Being aware of, understanding, and accepting your emotions

Emotional Acceptance

Allowing and accepting all of your feelings without judgment or trying to change them

Resilience

Our strength, deep inside, that helps us get through hard times

Acceptance

Allowing things to be just how they are without trying to change them

Discussion Questions

Is there a time you had to say goodbye to someone or something?

Classroom teacher at the end of the year, a person or a pet who died, a house you moved away from, etc.

Can we keep people with us in our hearts after they go?

Yes! No matter where a person goes on earth or passed on, we can keep them with us in our hearts.

Activity

Draw a picture of your own heart. Who and what will you keep in your heart forever?

Affirmation

Memories and love will help me get through.