

Kona Kids Podcast

Season One Episode 31

Missing My Mom

Ideas for how to stay connected with your parent or loved one when you're not together:

Have a picture of them in your back pack



Wear a necklace that makes you think of them

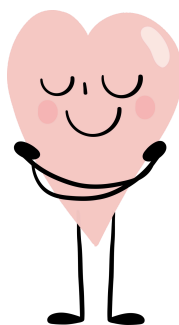
Keep a hair elastic or scrunchie of theirs on your wrist



Draw or write about what you will try:



Put your hand on your heart and think about your parent or loved one.



Wrap your arms around your body and give yourself a hug and think about your parent or loved one