

Introduction

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Ava Meets Amigo is a story for a caring adult and child to read together to help the child explore the feeling of grief and learn coping skills. Amigo, a friendly teardrop, finds Ava sad due to a favorite aunt's illness. Amigo helps Ava understand that teardrops are our friends. He also shows her many things she can do to help herself feel better during this time of worry and uncertainty.

The story pages are faced with pages that contain discussion questions the reader can ask as he and the child are reading together. These questions will help a child personalize the feelings Ava is having, and bring her closer to understanding how the story fits her life and situation.

The adult could read the story through the first time without using the questions, then reread it adding the discussion suggestions. Children love to hear stories more than once, and this gives them the opportunity to experience it before having to think about their answers.

This book also includes activity pages at the end. These can be used to extend the learning and understanding of this universal feeling, sadness, which can sometimes also be a terrifying one for a child.

Discussion Questions

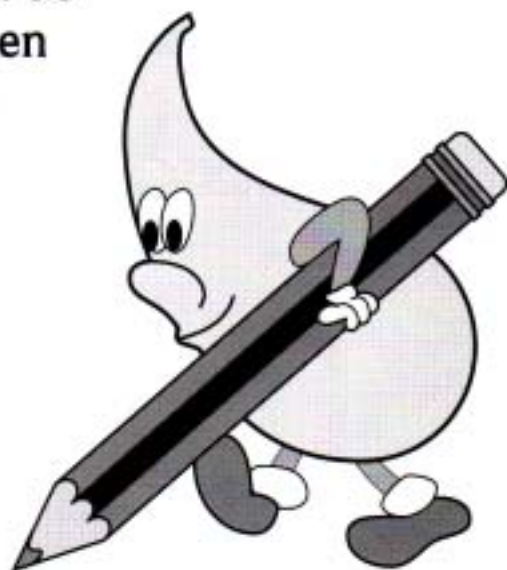
- Do you ever cry when you are sad?
- What do you think is making Ava sad?
- Who do you think is talking to Ava?

Ava was feeling sad. She was trying to be a "big girl" and not cry, but it was very hard. When she got to her room, she realized that a tear had just popped up in the corner of her eye. As she was reaching up to wipe it away she heard, "Now wait a minute. I may be of some help to you. Don't wipe me away just yet."

Surprised, Ava looked around to see who was talking to her.



What are some things you could do to make yourself feel better when you are sad? Amigo has gotten you started by listing 5 ideas, now you add to the list!



1. Ride bicycle

2. Help Mom or Dad
do a chore.

3. Call a friend to come play.

4. Read a book.

5. Listen to a favorite tape or CD.

6. _____

7. _____

8. _____

9. _____

10. _____

Write a creative story pretending you are Amigo and you are trying to help a child whose puppy has died. What would you say? How could you help her?

