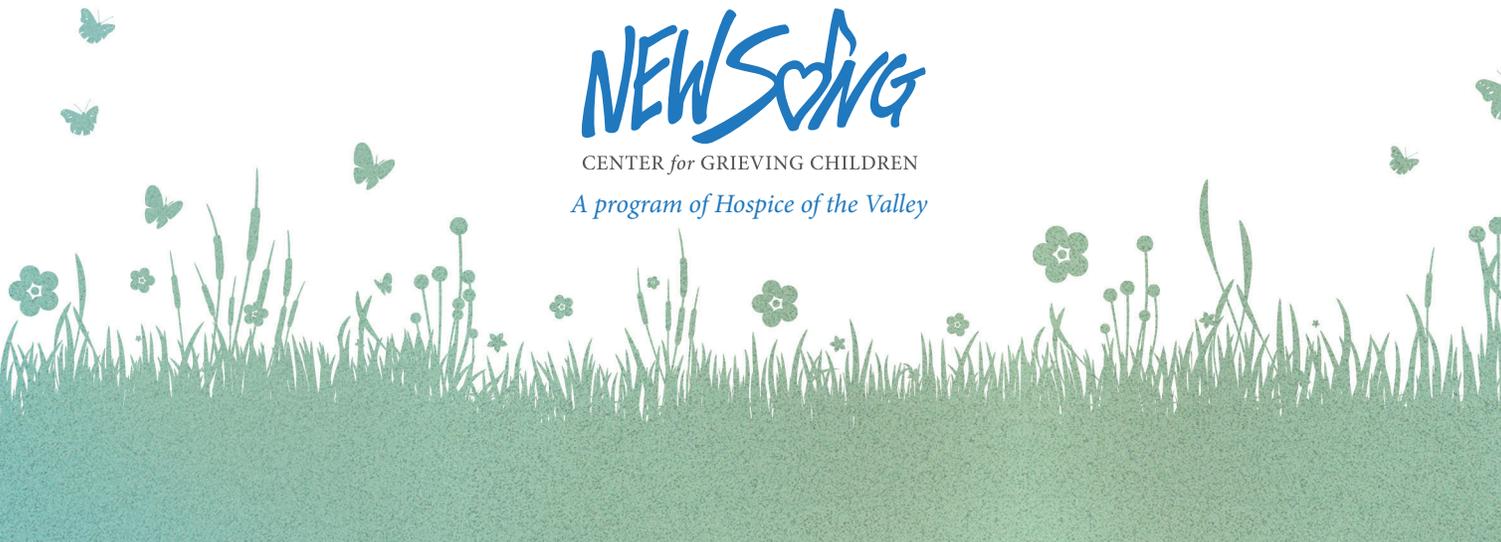


Sweatshirt Stories

Ian wears his dad's sweatshirt as a way to feel close to him. He later learns the sweatshirt holds many stories about his dad.

Have each member of your family locate an object that makes them feel connected to your special person who died. Choose a night each week (one for each person/object) to tell "Sweatshirt Stories" together. Either bring the object to the kitchen table, or cozy up around it on the couch. Have the person who chose it introduce the item and share why or how it makes them feel close to your special person; there is likely a story to be shared! Then go around and have every family member share if they have a story about that object. It's ok if the stories are short, or if only one family member has a connection to the object. You may want to designate one person as a family scribe to write down the shared stories to compile a Sweatshirt Stories book! Give everyone an opportunity to decorate or illustrate their 'page'!

The goal of Sweatshirt Stories to continue to grow and enrich your relationship with your person by learning new stories and sharing memories!

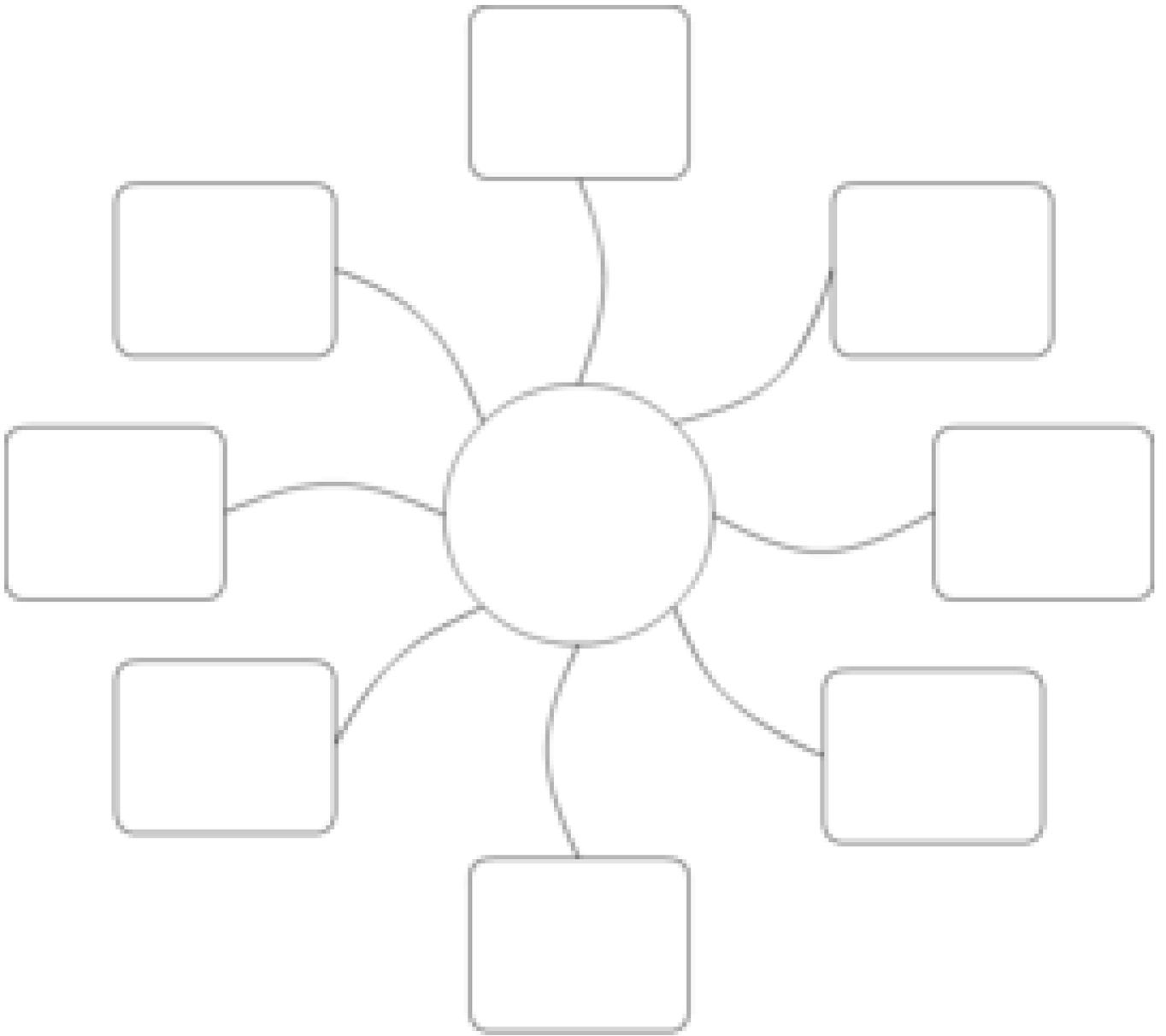


NEWSONG
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I Wanna Be

Once Ian learns his dad was bold, he states, "I want to be bold like dad!" In the diagram below, write your special person's name, or draw them, in the middle. In the connected circles, write one characteristic about them. It can be something you loved, or even something you didn't like so much. Then use the following color key to highlight shared qualities, differences and other connections. Use more than one color if multiple apply! You can also get creative by drawing your own diagram (maybe even a Venn, perhaps!?) making a list, or expressing your thoughts however you like!

- Green: Qualities I already share with my person
- Yellow: I wanna be like my person! My goal is to have more of this quality
- Red: Not my favorite characteristic, I want to try not to be this way
- Blue: I miss this about my person the most
- Purple: Other family members are like this – I see my person in them



Magical Thinking

In the magical world of Onward, Ian and Barley go on a journey to 'bring back their dad' for 24 hours. As things progress, they realize there will only be enough time for one of them to see their dad for a few minutes.

If you had the option to bring back your special person for just a few minutes, would you? What would you say? What would you tell them? If not, explore why with your family. If there was only time for one of you to magically reconnect with your person, who would that be? How would you decide?

If you would choose to bring your special person back, draw them on Wilden Lightfoot's legs below. If you would prefer to leave your farewell with them 'as is', just color Wilden. Next, color the character you feel most like in the movie. What part about that character to you most resonate with? Color more than one if you identify with several!



Disney · PIXAR
ONWARD
www.GetColoringPages.com



Moving Onward

Both Ian and Barley have things they choose to let go of in the movie. Ian eventually abandons his need to 'meet' his father when he recognizes how much of his father is represented in his relationship with his brother. Barley eventually lets go of the regret he feels for not spending more time with his dad. In releasing these things, the brothers are able to 'move Onward' from disappointments and thoughts that are no longer serving them.

Take time to think of something you are holding on to that you wish to release. It could be a regret, feelings of guilt, a negative image of your loved one, self-criticisms, anything! Write or draw it on a piece of paper. If you are comfortable, get together as a family to share what you are releasing. You can say something such as "I am releasing this ____ as it no longer serves me". You can crumble it up and throw it in the trash, bury it in the ground to symbolize its transformation into something new, (safely) burn it or tear it into pieces. If you prefer to do this privately, that works to!

Kiddos may struggle to come up with something they want to 'let go of', so encourage them to think of a worry or a fear that they don't want to think about any longer. Let them know that by drawing and naming this worry, and then physically destroying it, they can take away the power of the fear. For younger children, make sure a grown up is there to offer reassurance about their worry.

When negative thoughts creep back in, simply acknowledge them and that you have released them. It will take practice, and that is ok!

You can do this activity as often as you like to move Onward with self-kindness.

I Have You

As Ian is beginning to lose hope for his 'checklist' with his Dad, he makes a profound realization: Barley has been there for him, in more ways than he ever imagined. While Barley is not a replacement for his Dad, he has helped Ian be brave, bold, and pushed him to be his best self. Ian states, "I had someone who looked out for me. Someone who pushed me to be more than I thought I could be. I never had a dad, but I always had you".

Think about who you have in your life who looks out for you and pushes you to be more than you thought you could be.

Now choose a way to express your gratitude for this person(s). You could write them a short note, draw them a picture, or decorate the Phoenix stone below to show your person how they have helped you rise.

You can use the recipe below to make a Phoenix Stone out of playdoh for your special person(s). Just put it in the oven (with grownup help!) and bake it to turn it to 'stone'!

You could simply express your gratitude in words as well... Be sure to end your declaration with "I have you"!



Phoenix Stone Playdoh

Ingredients

- 4 cups all-purpose flour
- 1 cup salt
- 1/2 cup cream of tartar
- 4 cups water
- 1/4 cup oil
- food coloring
- colored glitter

Instructions

1. In a large pan mix flour, salt, cream of tartar, water, and oil until no lumps remain. Heat over medium heat until the mixture is very thick. Remove the mixture and knead until very soft and pliable. Add food coloring and glitter and knead until thoroughly mixed. Keeps for weeks in an airtight container. Makes about 4 cups of play dough.

*To turn your 'doh' into 'stone', place it in an ovenproof container and bake it at 200 degrees for about 30 minutes. Check it throughout the process for desired hardness.