



Happy Fourth of July!!!

United we stand in Celebration and Freedom!



Hi Friends!!

The Fourth of July (Independence day) is a time to **celebrate** 🎆 being **united** and **free**.



We know this year everyone will be celebrating a little differently than usual to help keep people safe and healthy 😷 🕶️ 💪 . In fact, celebrating the 4th differently this year is a **GREAT** example of being **UNITED** for a worthy cause. We hope you find some unique ways of having fun this **Fourth of July**. To help, we have come up with some **funsheets** (NOT to be confused with worksheets... Blech !) for you to fill out.

"Stay safe and have a happy holiday!" - Lauren





There are many types of flags, each with different meanings and uses.

Did you know flags communicate?! The **shape**, **color**, and **symbols** on a flag represent different things and have special meanings. For example, flags are often used in sports 🏆 to help people understand what is going on in a game and communicate rules, penalties and points 🏏. Flags can also represent a group of **people**, an **organization**, a **country**, or **team**.

The designs on a flag often have a special meaning. For example, the **American flag** has **50 stars** ⭐ that each symbolize one of the states, (including one for Utah!). The **stripes** represent the 13 original colonies.



The **Utah State flag** has a lot of symbols that have special meaning...

Bald Eagle: The national **bird** 🦅 of the United States. It symbolizes **protection** in **peace** and **war**.

Sego Lily: Utah's state **flower** represents peace.

Beehive: Represents **hard work** 🐝.

1896: Represents the date pioneers entered Salt Lake valley.

The **Riley Foundation** has a flag too!

It represents who we are and what we do. We believe in **"Recovery for Kids"** from homes with addiction issues. The **kids in the middle** of our flag represent that lots of kids come from similar families, **they are not alone**. And they are happy 😊 kids because even when we go through difficult things **we can still be ok!**

My Flag Represents ME!!!



DIRECTIONS: Design a flag that has meaning to you! It can look any way **YOU** want, and mean whatever **YOU** want..... It's **YOUR** flag!

What did you choose to put on your flag and why?



What Would Deets Do?

Deets is our most favorite furry friend. He also happens to be a therapy dog. That means he is trained to provide affection, comfort and support to people who could use a little extra love and care. He's a very good boy! He's got a selfcare game for you, **LET'S PLAY!**

DROP IT: One of the first commands a dog will learn is “drop it.” This helps keep them safe by teaching them to let go of something that they might really like but it could hurt them. Examples are chocolate 🍫 and chicken bones 🍗 both are very dangerous to doggies.

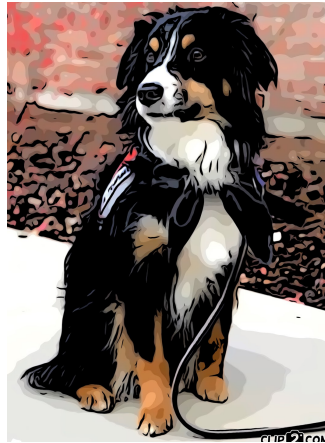


DROP IT OR KEEP IT:

On the next page Deets wants **YOU** to pick which **BALLS** are best to **DROP** and which ones are ok to **KEEP!**



*There's an answer key in the sealed envelope. Don't open it until you are done choosing between the **Drop it** or **Keep it** balls!

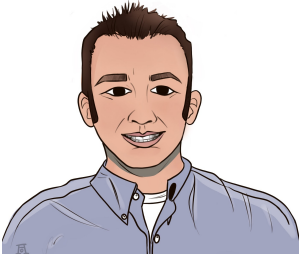


Can you **draw a line** from **Deets** to the balls that are ok to **KEEP**?

Can you **draw an X** on the balls that are best to **DROP**?

Dr. John has the answers on the next sheet.

ANSWER KEY FOR DROP IT OR KEEP IT!



Dr. John is an expert in mental health for kids! **Being a kid can feel really tough sometimes** so he works to help kids stay healthy, safe and happy. He also knows a LOT about helping kids that have a loved one with addiction cope. We think he's AWESOME!!!!

- 1. DROP!** To stay safe kids should *always* use the help of an adult to take medicine. Even vitamins need to be used with care. Make sure you ask an adult for help!
- 2. KEEP!** Everyone makes mistakes, even the smartest person you can think of has made LOTS and LOTS of mistakes. So even if a BIG mistake happens it's a good idea to be kind to yourself and forgive yourself. In fact, mistakes are a part of learning and can even lead to pleasant surprises. Google the invention of the chocolate chip cookie 🍪 !
- 3. KEEP!** Most adults are safe and there are a few that are unsafe. If an adult ask or tries to do something inappropriate it's ok to say things like "no", "stop", "I'll tell," to stay safe. Then tell an adult you trust for help.
- 4. KEEP!** Just like adults, most kids are safe. But there are times when you may need to speak up if a friend suggests doing something that is not safe or against the rules.
- 5. DROP!** If an adult needs help they should ask another adult. It's always ok to say "I need to ask my parents first," or "I'm not allowed."
- 6. KEEP!** If we were all the same things would be pretty boring. It's ok to have different opinions. Sometimes it's necessary to 'agree to disagree' and move on to something else.
- 7. KEEP!** When you have a parent that is "stuck" to drugs or alcohol it is totally normal to feel fixed feelings like love for your parent AND anger at the addiction. It can help to practice self care when big or uncomfortable feelings happen like reading a favorite book, talking to a friend, or riding a bike.
- 8. DROP!** Some thoughts are better left unsaid. Have you ever said something that you later regretted? Sometimes it is best to stop and think about what might happen if you say a certain thought out loud. For example, what do you think the difference is between telling a friend their zipper is down, and saying that their new haircut doesn't look good to you?.

YOU'RE NOT ALONE, lots of GREAT, FANTASTIC, SUPER, AMAZING, EXCELLENT,
STUPENDOUS kids come from homes with addiction issues ♡



We think all of the Riley Foundation kids are so special & awesome. We are lucky to have so many great kids on our "team" and as our friends.