



Dear friends,

I miss you! I hope you and your family are well. I would love to hear from you.

Please draw a picture, a card, or even write a letter to tell me what you have been doing and how you are feeling.

It's ok to have lots of different feelings, especially since we've been staying home so much lately because of the bad virus going around. I hope you've liked watching my [videos](#) where I talk about the feelings I've been having lately and how talking to a trusted grown-up helped me.

I can't wait to hear from you! Please ask an adult to send your card or letter to AlsPalsWingspan@gmail.com. Or they can mail it to me at this address:

Al - Wingspan
P.O. Box 29671
Henrico, VA 23242

We might even share your drawing or letter on our website or Facebook.

Stay strong and healthy.

Your caring pal,

Al

For more information about Al and Al's Pals visit www.wingspanworks.com.

Free and low-cost resources for families and educators are available www.AcornDreams.com, a service of Wingspan.