

Spreading Love and Kindness



A Celebration of “Miss Sara” Rogers

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1

Dear Parents:

Sara Rogers aka “Miss Sara” was a beloved musician and music therapist in Buffalo, NY. She literally impacted thousands of lives with her kindness, love, talent and creativity. Sadly, her time with us was too short but her spirit lives on.

This social narrative is written in a first person, instructional style that is commonly used for children with autism spectrum disorders. It is written to explain death and why we won't see Miss Sara in person again. Please determine if you feel this is appropriate for your own children. If so, feel free to use.

Although she has many songs in different genres, we picked a few to include here that represent her kindness and could help her students cope with the tremendous loss of their dear teacher and friend.

Let's celebrate Miss Sara by spreading love, joy and kindness.

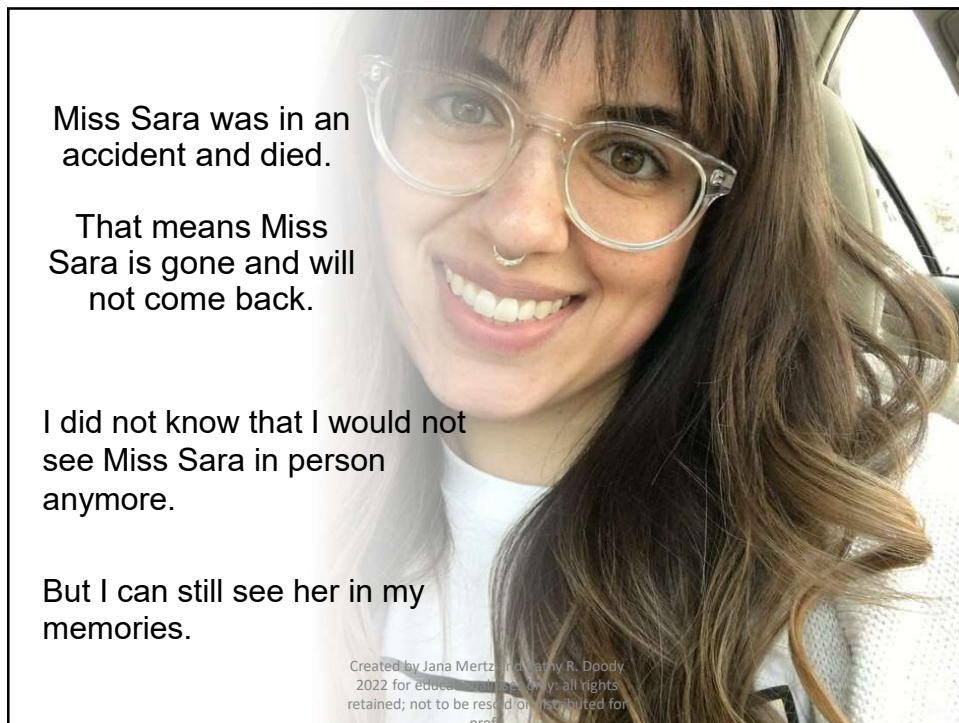


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2



3



4



It is okay for me to feel sad or want to cry that I will not see Miss Sara anymore.

If I feel sad, it is because I miss her.


Many other people are sad and miss her too.

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5

If I am sad or feel like crying, I can hug someone I love.

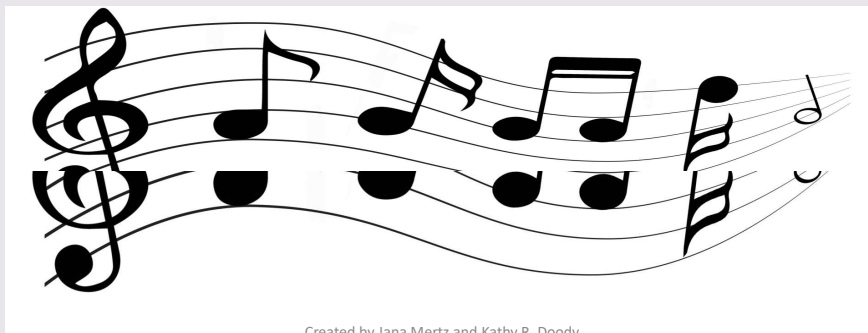


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6

I can take deep breaths and hum
one of Miss Sara's songs



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7

Or I can watch one of her videos
and sing along.



Music w/ Miss Sara: "Rain" (original song) relaxation

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8

Being a good friend

Miss Sara was kind and a
good friend to everyone.
It would make her happy if I
am kind and a good friend to
people too.

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9

You've Got A Friend In Me

<https://www.youtube.com/watch?v=zh3DdOsC-Rw>



Music w/ Miss Sara: "You've Got a Friend In Me" sing & sign



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10



Miss Sara believed in the healing power of music and how it connects people and makes things better.



I can listen to her explain this in her video of "Drift Away". Listening to her music might help me feel better too.

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11

Drift Away

<https://www.youtube.com/watch?v=wMI7TEFmCYc>

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12

Sing a song

Sometimes I may feel frightened
when I do not know what to do or
what will happen next.

It can be hard when some things
change or are out of my control.

Miss Sara would tell me to take a
deep breath or sing a song. I can
think of these songs to help me
feel better when I am worried.



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13

Hakuna Matata

<https://www.youtube.com/watch?v=ibg3ye6PFrE>



Music w/ Miss Sara: "Hakuna Matata" dancer/sing/speech

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14

Don't Worry Be Happy

https://www.youtube.com/watch?v=IKTTQk2_O-U



Music w/ Miss Sara: "Don't Worry, Be Happy" movement & speech

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15



Have fun

Miss Sara loved to have fun
and dance and laugh and be
silly. She would want me to
have fun too.

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16

Try Everything (and dancing with animals)

<https://www.youtube.com/watch?v=HHQKxL5QtLY>



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17

What can I do if I feel sad?

I may be sad that I do
not see Miss Sara
anymore, but I can still:

- Listen to her music
- Watch her videos
- Talk or sing
- Think about her
- Be kind to others
- Slow down and relax



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18

You Are Home

https://www.youtube.com/watch?v=L_gn9iEU008



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19

Rain

<https://www.youtube.com/watch?v=E9IB3uN-NFU>



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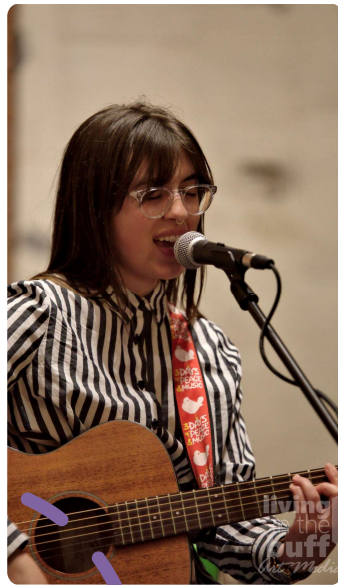
20

These words describe Miss Sara



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21



Happy

Do you know what made
Miss Sara happy?

Love, kindness and sharing
her music with you!

Miss Sara would want you to
be happy and kind and know
that she loved you.

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22

This Is My Happy Song

https://www.youtube.com/watch?v=yaMqusC_kBc



Music w/ Miss Sara: "My Happy Song" simple speech

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