



I'm not robot



Open



-am words

Look at the pictures and complete the words.

	__am
	__am
	__am
	__am
	__am
	__am

Name _____

yam /am/

Color it.

Circle the word family.

ad
an
ap
at
am

Color the word.

yam
Sam
ram

Read it.

Look! I see a big yam.

Connect it.

s i m
y a n

Stamp it.

y

Write it.

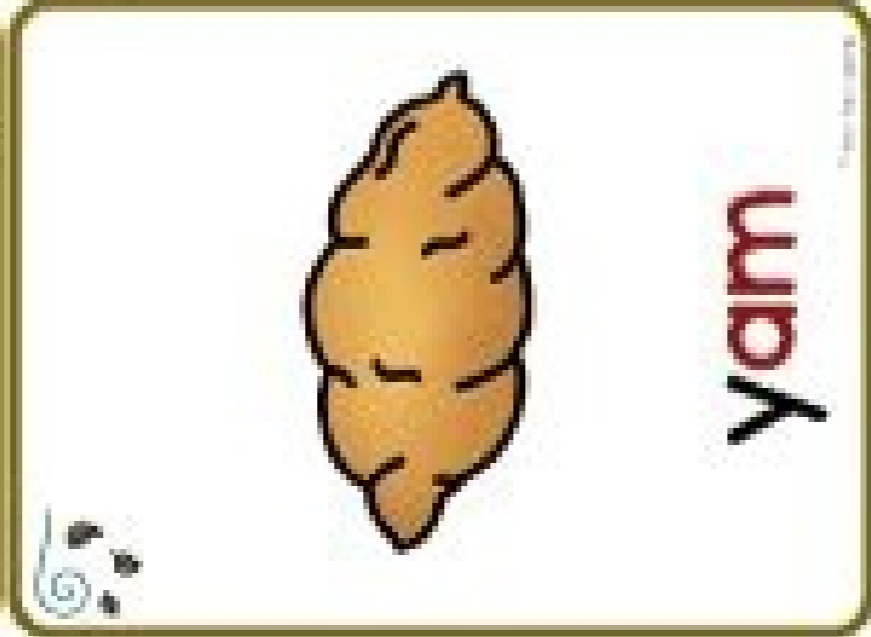
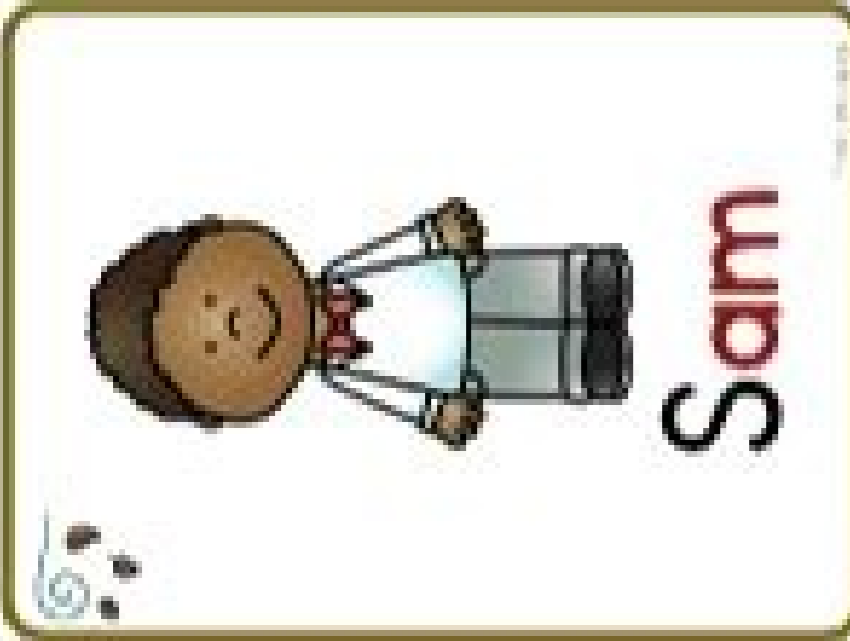
Color the same word family.

am word family flash cards

-am

This set of short sound a flash cards covers the -am word family and includes five words: ham, Sam, ram, jam, yam. The -am word family in each word highlighted in red.

Direction: print the page and cut out cards.



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I can read!

Short vowel reading book series.
Book 2: The *am* word family. Fall theme.

am family words:	Sight words:
ham	look
Sam	big
yam	and
jam	I
exam	see
clam	yellow
Ram	the
	like
	a
	go
	is
	to

I can read!

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Look I see the **jam**.

Look! I see the **yam**.

I like a **jam** and a **ham**.

The **yam** is yellow.

Am word family poem. Am word family sentences. Am word family book. Am word family song. Am word family games. Am word family story. Am word family worksheets pdf. Am word family worksheets.

Check with them often, even if it's just to let them know you're thinking about them. Seeing the people you love to suffer is never easy, but be brave. Resource Links: MORE FROM SYMPTOMFIND.COM Photo Courtesy: Juanmonino/Getty Images Part of being a good listener to someone who feels loss or any kind of pain is to understand the process of mourning. Help us with specific things, such as bringing groceries or pre-packed meals, cleaning their house, taking them around, assisting with childhood or answering phone. You can offer words to comfort the deceased without putting in your two cents or interjecting. Feelings of anger and anxiety are common. Many times, they don't even know what to ask. However, knowing what to say and do, as well as being there for them without necessarily saying or doing too much, is a great start. Using really comforting words and expressing your authentic feeling for a loss can be more useful than saying something you don't know well. Of course, you want to be sensitive about how to raise the situation, but not erase it from the conversation. Photo Courtesy: MStudioImages/Getty Images For example, "Mi mancherà so much Stephanie", "I much more" felt and personal than universal "Sorry for your loss", notes Harvard Medical School. Offer support with a screen that separates you from your loved one can prevent you from extending a hug or comforting hand and promote your message of support. However, you want to avoid focusing on the good. Being too positive can easily make someone who's grieving feel like you're minimizing their pain or loss, as if it isn't a big deal or they're being too emotional about it. Expressing things through the lens of your faith to someone who doesn't share your beliefs is another thing to avoid. If someone special to them died, let them do the talking about how they feel. Only give advice if they specifically ask for it. Disruptions in eating patterns happen often as well. Your words of sympathy and comfort can easily be expressed using non-religious language instead. Grieving is a gradual process, and the ultimate healer is time. It doesn't always manifest as sadness or depression. If you feel okay with it, you can be someone to whom they feel comfortable letting it all out. A compassionate ear helps more than you know to lessen the pain. It's important to understand that some people who are grieving feel shame around their grief, as if they're a burden because they're hurting or difficult to be around. People going through something difficult often don't have the energy to ask for help. If you're talking in-person rather than through a screen, you might hold their hand and hug them instead of trying to come up with solutions. Yet crying is a natural and healthy part of grieving. Doing that work for them is some of the best support you can provide. Photo Courtesy: Morsa Images/Getty Images Offer to help out, too. For instance, reminding them that the person they lost was loved or lived a full life can be comforting. Many people dealing with grief feel guilty asking for this kind of help, and if you know the person well enough it can be best to just do these things without asking. Photo Courtesy: Justin Paget/Getty Images Supporting someone you love who is grieving can be tough. Part of this is because you want to help, but deep down, you know that you can't fully take their place or give them the same support that they need. It's important to understand that you can't fix anything, but you can be there for them. Part of this is because you want to help, but deep down, you know that you can't fully take their place or give them the same support that they need.

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