



# SING DON'T CRY

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### SUMMARY

Based on the famous song "Cielito Lindo," Sing, Don't Cry tells the story of a family who sings their feelings and shares them with the world rather than keeping them in. They turn their struggles into joy and art that others can relate to. They connect to their world through song. So remember, even when things are bad, sing, don't cry!

## Sing, Don't Cry

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### Questions:

1. Do you have any relatives that you only get to see rarely? How does it feel when they come to visit? Do you have any special things you do just with them or specific memories of their trips that are special to you?
2. Do you and your family like to sing and make music? What does your family like to do together? Art? Sports? Board games? Something else? How do you feel when you get to do those special things? Is one of them better than others, or is the important part of those activities that you're doing them together?
3. Does singing gladden the heart? Can music help? Even if you don't like to sing, can listening to music help you feel better? When people are sad, what kind of songs do you think they want to sing? Is everyone the same? What kind of songs do you want to listen to or sing when you are sad?
4. Have you ever sang a song before when you were sad and it seemed like it got your bad feelings out of your heart? If you don't like to sing, has talking about your bad feelings with someone you trust ever helped your heart feel lighter? If you can tell that someone is upset and wants to talk to get their feelings out and help themselves feel better, should you make the time to really listen to them? If you sometimes need someone to listen to you, should you be that person to listen to someone else talk or sing about their feelings?
5. Have you ever heard a song and felt like the song touched your heart and was saying exactly how you were feeling? Have you ever heard a song that spoke to you so much you just HAD to sing it? Can music help our hearts talk to each other?