

## HOPE

Something from your room!

Something from your toy box.

A book that is hopeful.

Something from your kitchen.

Something from a tree!

Something from outside.

Something that was given to you!

Something you gave someone.

Write out a hopeful word or sentence.

A hopeful color to you!

A hopeful photo.

A person who gives you hope.

An animal that makes you think of hope.

Your hope symbol!

A bug that makes you think of hope!

Go hunt for a symbol of hope in these areas!



Be curious and observe each item mindfully:

- What did this item make you think of?
- What about this makes you feel hope?
- Is there a memory connected to this hope item?
- Do you feel more hopeful when you look for hope?



