

***Write on the star
something that is
good in your life.
Display them on
the wall***



*What gives you
hope when things
are hard?
Add your colour to
the rainbow.*



***What do
you need
courage for
this week?***



How can you
bring hope to
others? Make
a butterfly of
hope.



A heart shape is formed by several hands of different skin tones reaching towards the center. The hands are arranged in a circular pattern, with the fingers pointing towards the center, creating a heart-like silhouette. The background is a soft, light-colored gradient.

How can you show
someone kindness this
week?
Create a kindness heart.

***Write a
message of
forgiveness
on a dove of
peace.***

