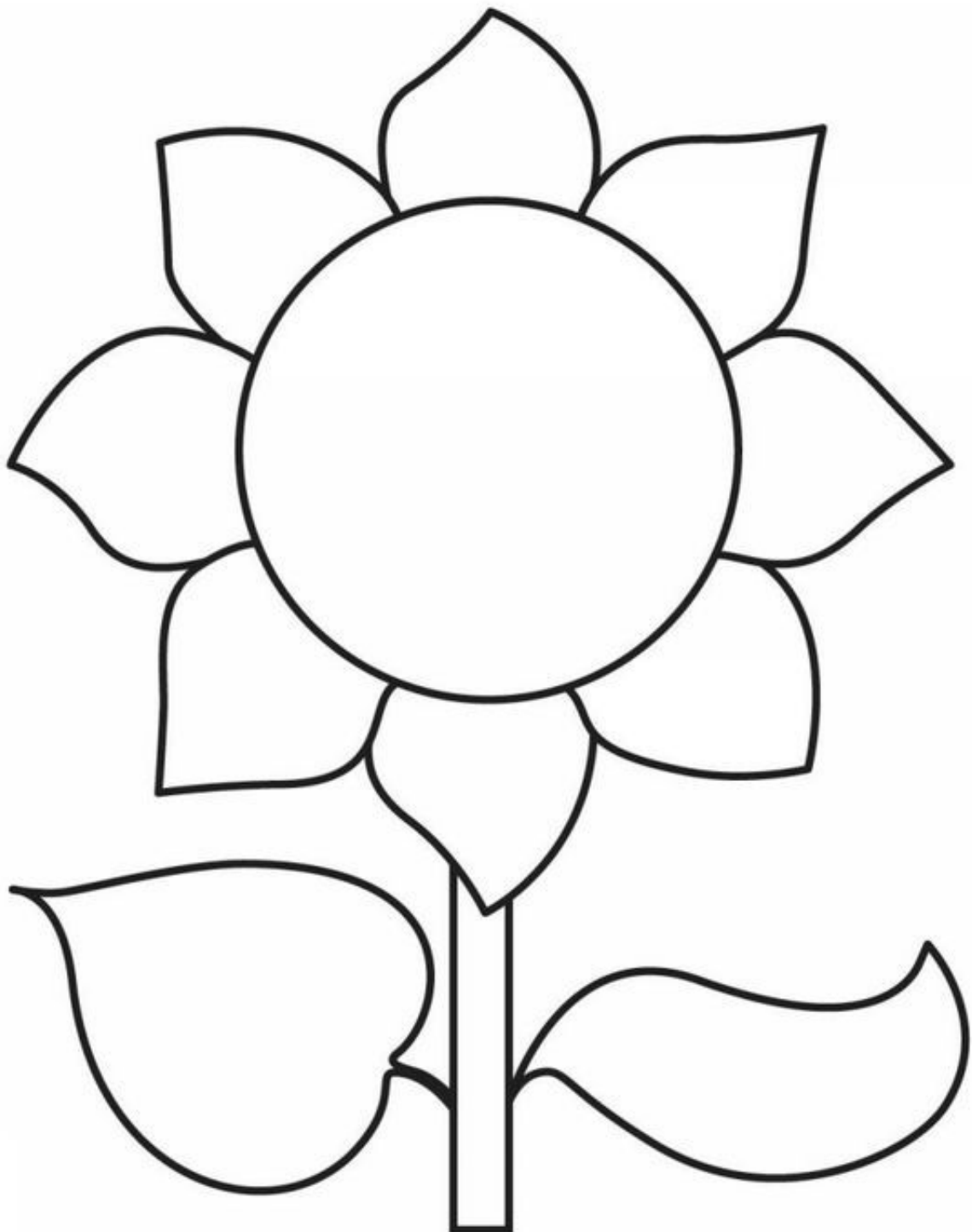


Sunflower of Hope

Hope is a critical part of life. Higher hope equates to many positive outcomes in life, including better grades, economic success, improved health and well being, longer life, less violence, more resilience, increased confidence, improved leadership, better employee engagement, and more.

Hopeful minds



Your task today is to create a sunflower of hope. Write Hope (or what hope means to you) in the centre of the sunflower. On each petal write down something you are hopeful for or any goals you would like to achieve.

Everyone can design a sunflower each or one family sunflower with all the hopes and dreams on it!

The sunflower can be made from anything, or the template coloured in. The important thing is that we talk about hope.

