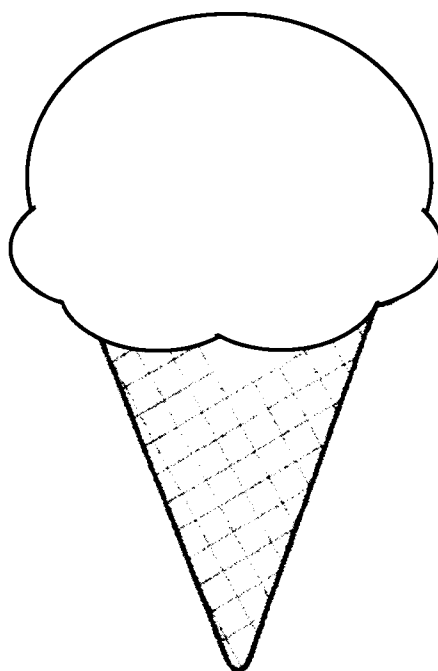


LIFE IS SWEET

During uncertain times, it can be easier for negative thoughts to pop into our minds. To support you in staying connected to the joy in your life, you are invited to reflect on the happy memories you've had on your own, with family, friends, or others. Can't think of any? No problem. You can also think about experiences you would like to have in the future. Using the space below, take a moment to journal and reflect on your memories and ideas. When you're ready, use images, shapes, colors, and words to decorate the scoop of ice cream. Start with your favorite memory or idea and continue drawing more scoops to watch your ice cream grow! There is no right or wrong way to create. Keep your creation nearby to remind you of the sweeter side of life!



MESSAGES OF HOPE

With the current health crisis, we're getting constant reminders that things are not OK. These reminders can lead to negative thoughts, which have an impact on our brain's functionality. Fortunately, creating and reading positive messages can help your brain release good chemicals and increase your sense of well-being. You are invited to create positive messages by filling in the signs below with words, shapes, images, and colors that spark happiness and joy. If you want, you can use your ideas here to make larger signs to put up inside or outside your home for you and others to read and enjoy. As we continue to move through this together, stand tall knowing your messages of hope can provide a much-needed smile to many people.

