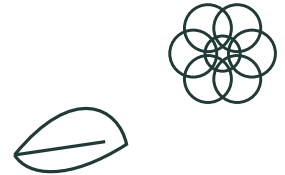


Hope, kindness & gratitude

A quiet space for ordinary present-day family reflection.

1 / NOTICE A SMALL GOOD MOMENT

Something kind I noticed today



Someone I can thank

A small helpful action I can choose

You may write, draw, talk or skip a prompt. There is no right score and no need to share personal details.

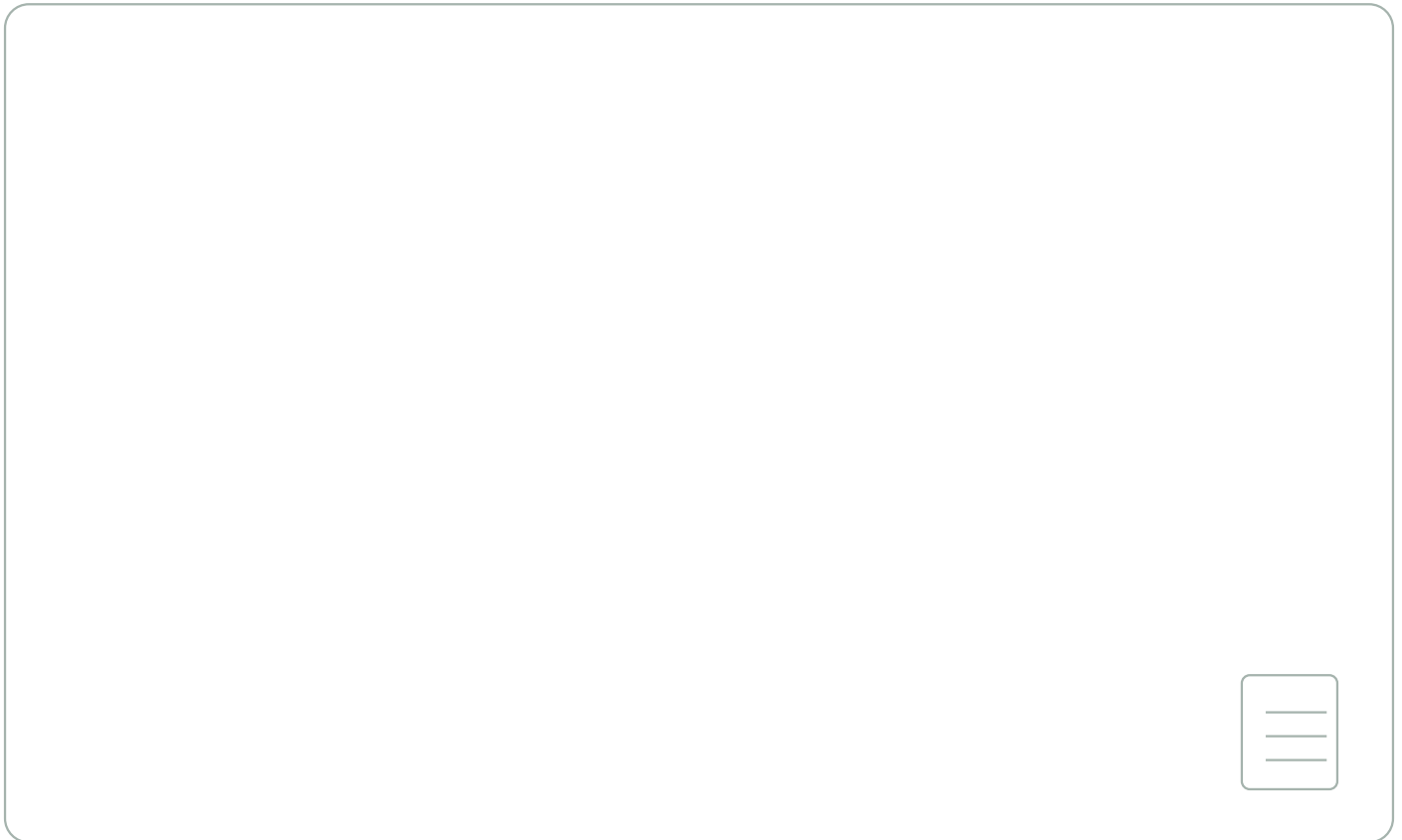
These ordinary flowers and leaves are reflection art, not pictures of the unseen or religious rewards.

Hope, kindness & gratitude

Choose something in our world that you appreciate, then draw it your own way.

2 / DRAW, WONDER AND SHARE AT HOME

Draw something in our world that you appreciate.



A question for a trusted adult

Keep this reflection private or share it with a trusted adult if you choose. This is a general family activity, not a religious lesson or assessment.