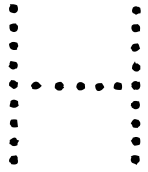


Take a deep breath and exhale while tracing a letter. Repeat.

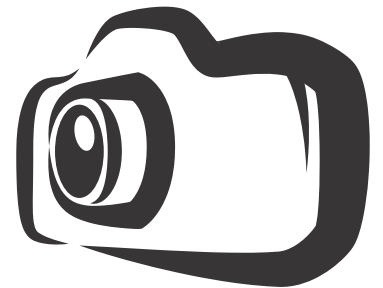
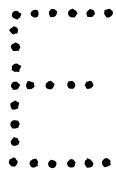
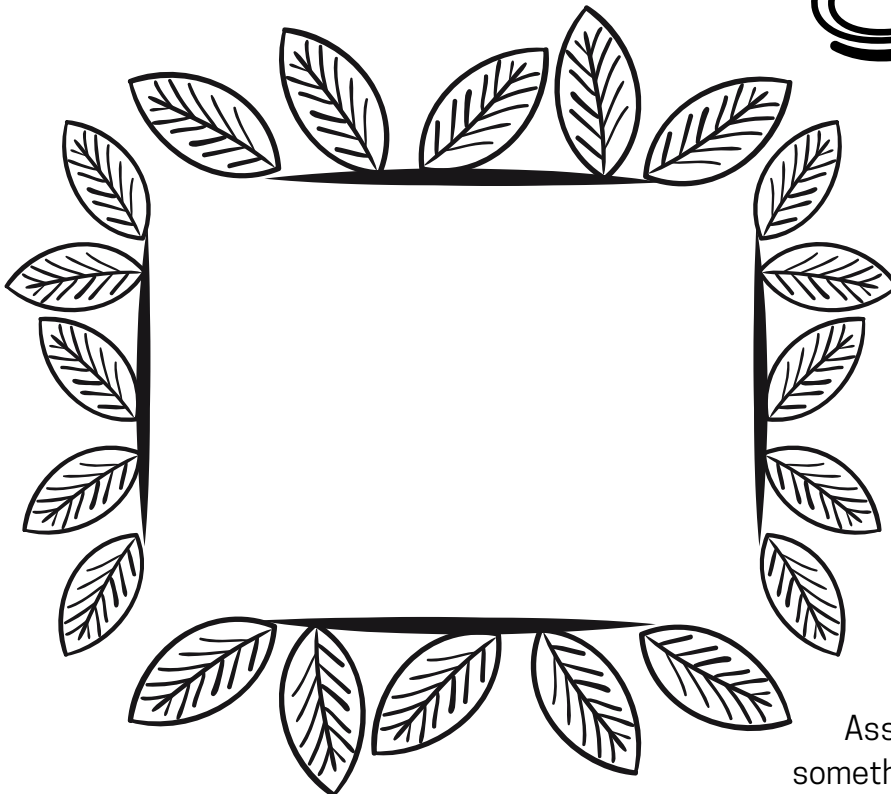
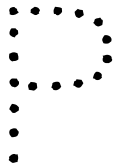
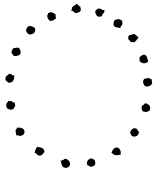
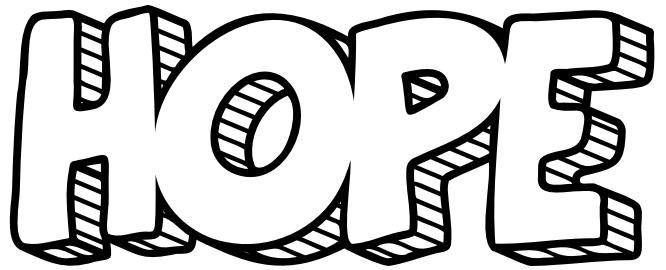
H O P E

Do some coloring!



List three things that give you hope.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Find a quote or Scripture about hope that appeals to you and write it below.

Assignment: take a picture of something that gives you a feeling of hope and share tagging @bethlemaybutler