



QUARANTINE CHRONICLES

LAST TOPIC: CREATING HOPE

Hello there,

We're sorry we missed you last week. We needed to take some time to focus on ways to support justice. When times are tough, there is a lot we can do but it is hard to know where to start. Having **hope** helps us **move forward** even when it's difficult.



For our last newsletter we want to say **THANK YOU** to all our awesome readers!

Talk of the Week

- ★ Intro to the Newsletter!
- ★ Creating Hope
- ★ Reasons hope helps



See pg. 3 for the answer to the joke!

CREATING

hope

Think positive

Laugh with others

Focus on the present

Do something important

Take care of your body

Build connections

Practice kindness

*There's always
a way to turn
things around!*



REASONS HOPE HELPS

Creates a positive environment
Helps your body and mind heal
Boosts your immune system
Inspires purpose
Fights off stress

HERE'S A JOKE TO BUILD HOPE:

What did the flower say when their child graduated from high school?



I be-LEAF
in you!



"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." -MARTIN LUTHER KING JR.