

HOPE

IS CONTAGIOUS

connect pack

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T H E M E

EVERYTHING IN LIFE IS IMPERMANENT.
GOOD TURNS BAD, SICKNESS TURNS
TO HEALTH.

This is a concept kids can learn early. Print the quote by Ester Perel and pin it up as a reminder that ultimately, it's people who matter, not things. Today's card is a favorite proverb that can provide hope during this time. The use of the wave on the card is indicative of life as it is and always has been. Who can use a reminder of that now? Who is most in need? Is it a grandparent who can't have visitors? A family member in the healthcare industry? Or a friend who you might miss seeing during this time? Print it out, color/decorate it and pop it in the mail. Lastly, use this question and answer card to connect with a teen in your life. It will spark conversation about struggles in life and that they will generally overcome in time.

THE
Quality OF
YOUR LIFE
ULTIMATELY DEPENDS
on the quality
OF YOUR
Relationships

— ESTER PEREL

SEND SOME
hope & cheer!

It's time to get creative! Color in this greeting card, cut it out and write a special message inside to someone who could use some love and cheer. Need an idea of who could use this card? Take a look below for some suggestions:

- your grandparents
- your doctor or nurse
- a friend who lives far away
- the nursing home in town
- your teacher at school
- your church leader or counselor
- the local food pantry
- a friend you are missing

 **THIS** 
TOO
Shall Pass

STAY HUMBLE. STAY HOPEFUL



