



Life can be good... and hard

Carry this with you to help remind you to hold onto your Bravery, Gratitude, and Hope in difficult times.

Use a secret signal holding 3 fingers to your chest to remind each other to bring back your Brave, Grateful and Hopeful when your heart has forgotten.

Use this book to create your own Feelings Story. Share your story with a trusted person.

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FOLD

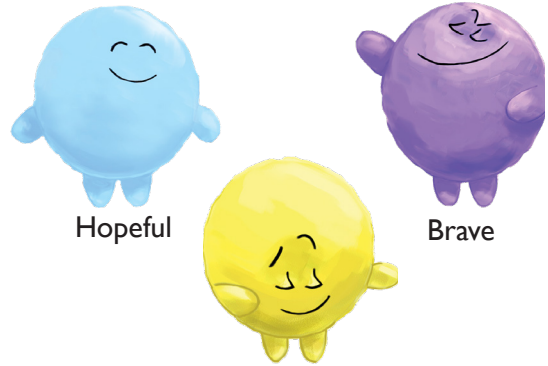
CUT

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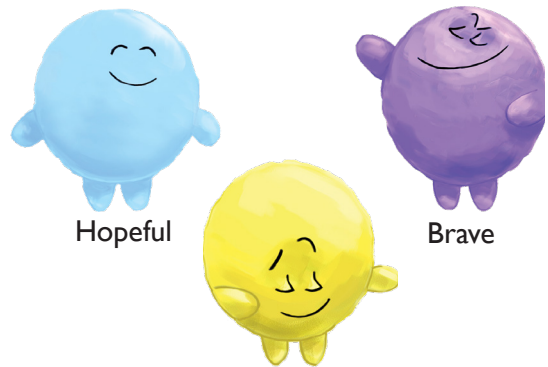
Hopeful

Grateful

Brave

Life's Protective 3

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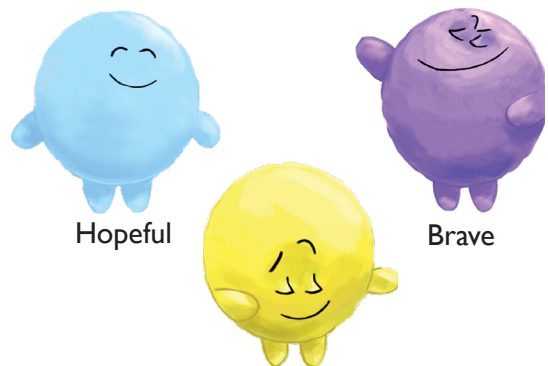
Hopeful

Grateful

Brave

Life's Protective 3

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Hopeful

Grateful

Brave

Life's Protective 3