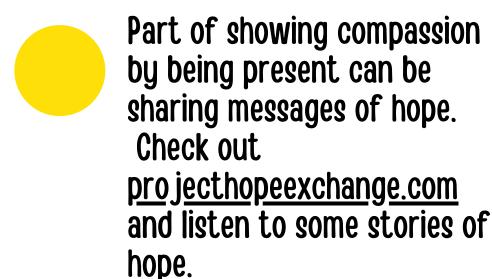


Session 4 Journaling

Reflect on the following and write or draw in your brown journal (or any journal you would like to use).







Now try writing your own message of hope. Record it in your journal - and think about ways that you can share it with the world!

