

Prompts

If you know someone who is struggling right now, what do you want to share with them?

Right now I'm thankful for:

For me, the toughest part of the pandemic has been:

The surprising silver lining is:

"Hope is being able to see that there is light despite all of the darkness."
~ Desmond Tutu.

What is the light you see?

Creating Your Luminaria

Here are a few ideas for how to decorate your bag:

HOPE TOOLKIT

What inspires hope for you?
Label your bag:

Things that inspire hope for me ...

Decorate your bag with song titles, quotes, poems, sayings, pictures and practices that help you when you need a boost.



STRUGGLES & SILVER LININGS

Complete any or all of the prompts on the back, then cut them out and attach them to your decorated bag. You can also just write words directly on the bag.

HOPE-THEMED ART

Choose your favorite medium to express what hope looks like for you. For drawing inspiration, google "Zentangles" or look up luminaria on Pinterest for endless ideas.

TIPS

Remember, it might be soggy so decorate accordingly. Your bag will glow best when light shines through it. Some water-resistant mediums to consider:

- Acrylic paints used like watercolors
- Colored Sharpie permanent markers
- Tissue paper collage applied with glue and covered with a layer of Mod Podge
- Stenciled design cut out with scissors
- All of the above!



Hope is the belief that the future will be better than the present, and that you have the power to make it so.

At its core, hope is an inspirational force that furthers your goals and dreams, and helps you move toward them.

The essence of hope has three components:

- Realistic goals that energize you
- Pathways to move toward these goals
- Energy to keep taking the next steps

Says hope expert Chan Hellman, "Hope is not a wish, hope is about taking action to achieve goals."

In other words, hope is a verb.

Build Your Hope Toolkit

CONTROL WHAT YOU CAN

- ✓ Define a positive goal that motivates you
- ✓ Create a big picture of the goal
- ✓ Break it down into specific & measurable steps
- ✓ Give the goal a deadline

WORK ON MENTAL AGILITY

- ✓ Problem-solve when obstacles arise – they will
- ✓ Reach out for support
- ✓ Adjust your goal if it isn't energizing or realistic

TAKE TIME TO RECHARGE

- ✓ Be kind to yourself
- ✓ Control the information you take in
- ✓ Practice a daily centering ritual
- ✓ Get out in nature
- ✓ Spend time with hopeful people
- ✓ Practice gratitude
- ✓ Be there for others

*“Hope is being able to see
that there is light
despite all of the darkness.”*

~ Desmond Tutu.



We Believe in the Power of Youth.

Bainbridge Youth Services supports the whole student, every step of the way. We create connection and build skills through a wide variety of programs and services and engage students in ways that foster hope, empathy and self-awareness. Through BYS, teens get support, give support, learn and lead.

206 842 9675

M – F, 9am – 5pm

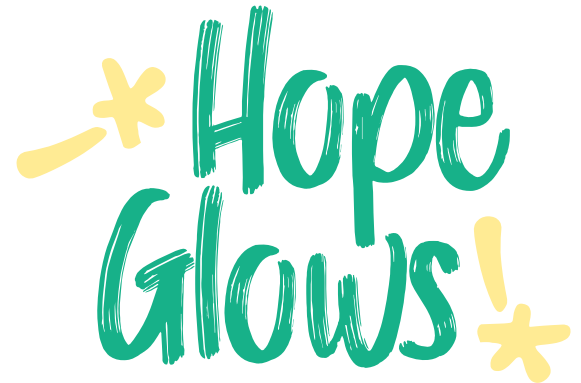
8533 Madison Avenue N

Bainbridge Island, WA 98110



**BAINBRIDGE
YOUTH SERVICES**

askBYS.org



Create a Luminaria!

**You are invited to join in this
community event celebrating
light and hope in action!**

Bainbridge residents of all ages are encouraged to decorate a bag for the Bainbridge Youth Services (BYS) *Hope Glows* event on Winslow Way on February 5th. These bags will become luminaria lit with LED lights. **Together we will share our gratitude, inspiration, struggles and silver linings.**

By February 1, please return your completed bag or bags to BYS at 8533 Madison Avenue N.

We will have a labeled container on the deck.

Friday, February 5, from 5:30 – 7:30pm,
drive or walk by the businesses on Winslow Way and enjoy the beauty of what you helped create! Masks and physical distancing required.
Please see additional luminaria tips on the enclosed sheet.