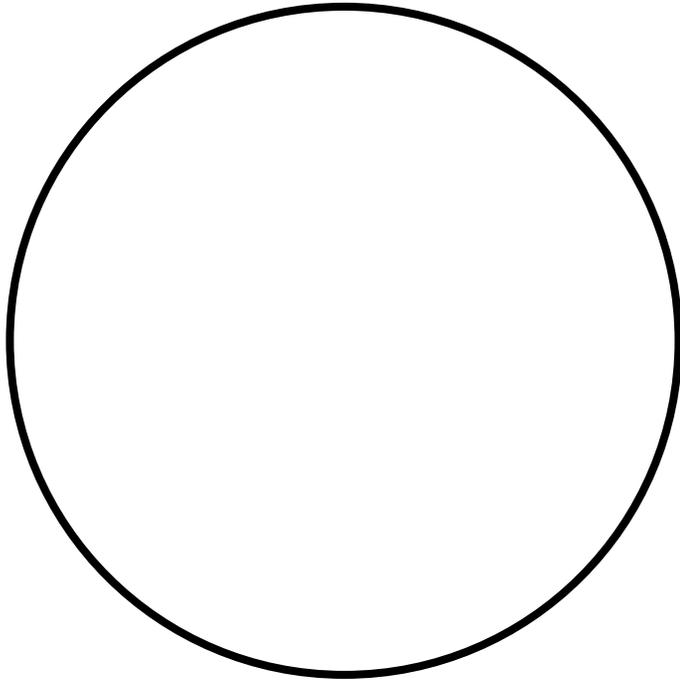


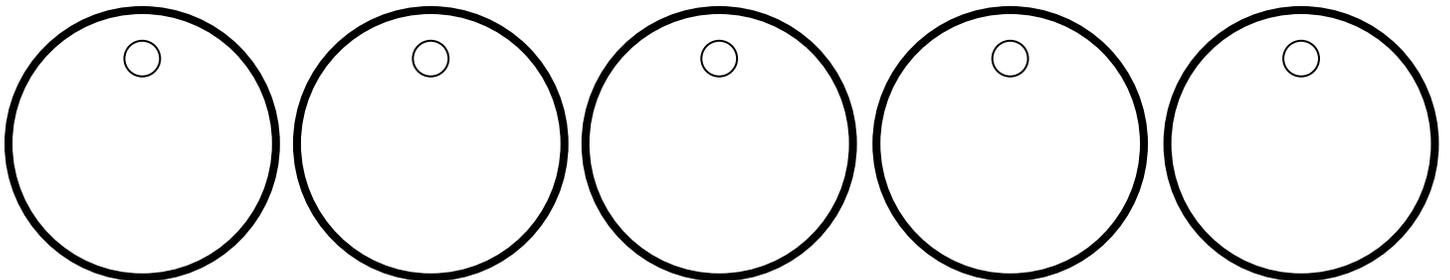
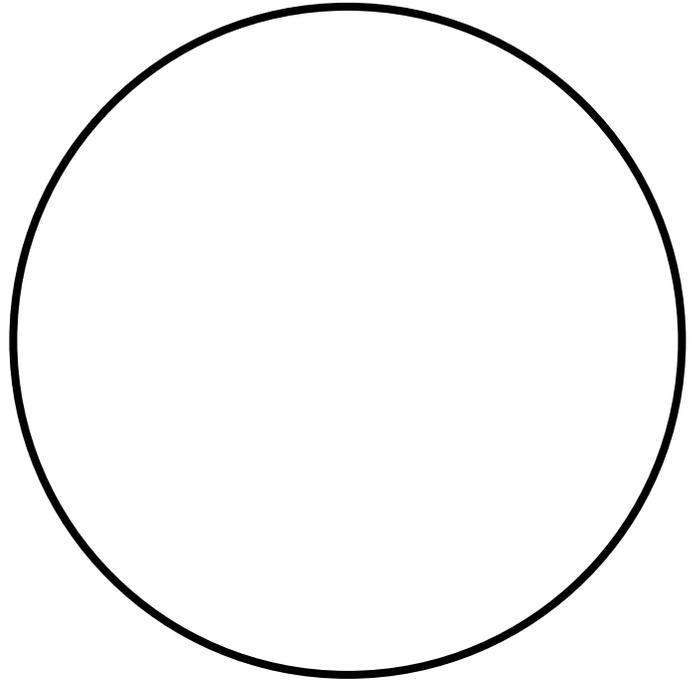
WE RISE TOUCHSTONES

In the face of stress & trauma, it can be hard to remember our inner strength, especially when we need it most. We invite you to create WE RISE Touchstones as a resource to bring clarity into moments of challenge. **Supplies:** You can use this page or use anything you have. **Directions:** 1) With materials of your choice, use words, images, symbols, and colors to express what you wish to rise **FROM** and what you wish to rise **TOWARD**. 2) Cut these out and place them back to back as a two-sided touchstone you can wear, carry, or display. Perhaps use tape to laminate and then punch a hole to attach string. 3) Use the small circles to add additional words or intentions that support you along the way.

I RISE FROM:



I RISE TOWARD:



Adding stones along the way, your creation can become your own resilience toolkit. Each time you remember it in the face of stresses you build new neuropathways & possibilities.