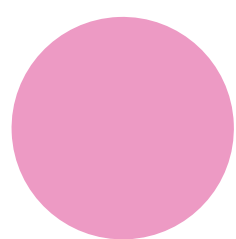
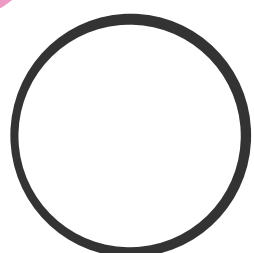


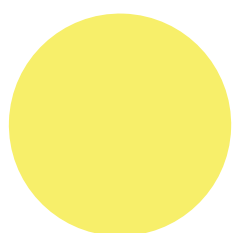
**PEG UP A FLAG IN A COLOUR THAT MOST CLOSELY MATCHES YOUR FEELINGS. YOU COULD WRITE A PRAYER OR MESSAGE ON THE FLAG TOO. HAVE A CONVERSATION ABOUT HOW YOU'RE FEELING WITH GREEN CHRISTIAN VOLUNTEERS, OR WITH YOUR FRIENDS OR FAMILY.**



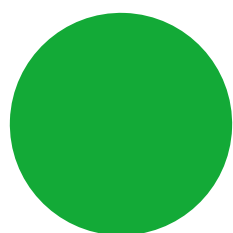
**PINK - I FEEL HOPEFUL**



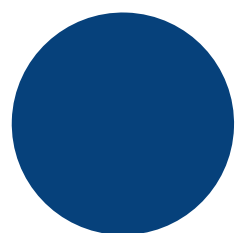
**WHITE - I FEEL SAD**



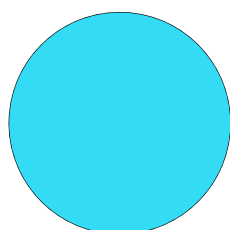
**YELLOW - I FEEL MOTIVATED TO BRING ABOUT CHANGE**



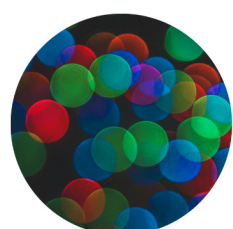
**GREEN - I FEEL CONFUSED**



**DARK BLUE - I FEEL DESPAIRING**



**BRIGHT BLUE - UNCONCERNED**



**PATTERNS - I FEEL MANY THINGS AT ONCE**