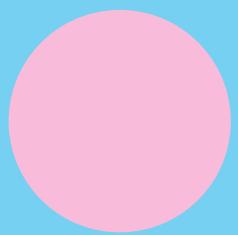


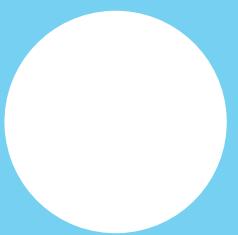
PEG UP A FLAG IN A COLOUR THAT MOST CLOSELY MATCHES YOUR FEELINGS.

YOU COULD WRITE A PRAYER OR MESSAGE ON THE FLAG TOO.

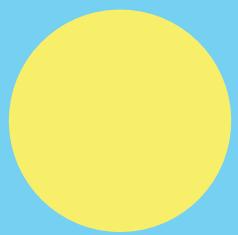
HAVE A CONVERSATION ABOUT HOW YOU'RE FEELING WITH GREEN CHRISTIAN VOLUNTEERS, OR WITH YOUR FRIENDS OR FAMILY.



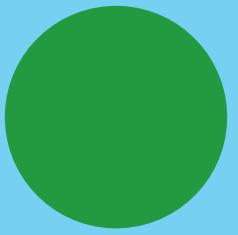
PINK - I FEEL HOPE



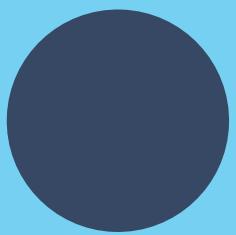
WHITE - I FEEL SAD



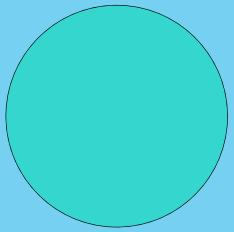
YELLOW - I FEEL MOTIVATED TO BRING ABOUT CHANGE



GREEN - CONFUSION



DARK BLUE - I FEEL DESPAIR



BRIGHT BLUE - UNCONCERNED



PATTERNS - I FEEL MANY THINGS AT ONCE