



Just like a beautiful butterfly emerges from a dark cocoon, we want kids to know that they can have hope for their future. This month, we will focus on making lemonade out of lemons as we spend some time looking to the future and talking about...

HOPE:

Believing that something good can come out of something bad.

Hope APRIL 2022



SAY IT:

Hope means believing that something good can come out of something bad.

KNOW IT:

ASK A KID:

- Can you think of a time when something bad happened to you or someone you love? How did you react? Were you able to think positively and have hope?
- Who is someone that you know who is a hopeful person? What are some things that they do or say that suggest they have hope?

ASK A GROWN UP:

- Describe a time when it was difficult to believe that something good was going to come out of something bad. Is it hard to keep hope sometimes?
- How do you keep a positive attitude when bad things happen?
- How does it feel to believe something good can come out of something bad?

SEE IT:

During the Coronavirus pandemic many people suffered financially, physically, emotionally, etc. Organizations and individuals from all over the world felt the call to instill hope in others and they set out to help. Feeding America is one such organization that stepped up and vowed to continue to serve communities despite the pandemic by providing food to the hungry. View this video and discuss ways that you might contribute to your local food bank to end hunger. <https://www.youtube.com/watch?v=qWNf5XV1s-0>

BE IT:

This month, volunteer at your nearest Red Cross. This nonprofit organization helps individuals and families affected by disasters such as fires and hurricanes. There are many ways to volunteer including donating blood or assisting with a blood drive, installing free smoke alarms and helping out after a disaster strikes. Your family will not only serve as a source of hope for people, but you may also witness a renewed hope in the people that you serve.

PHASE

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It may seem like there is never enough time to get everything done.

Consider using the rhythm of your daily life to shape the values in your home – take advantage of the time you already have:

Morning Time:

Be a coach. Help them find purpose by starting the day with encouraging words.

Drive Time:

Be a friend. Talk about life during informal conversations as you travel.

Meal Time:

Be a teacher. Have conversation while you eat together.

Bed Time:

Be a counselor. Strengthen your relationship at the end of every day with heartfelt conversations about feelings.

So don't miss it. Use the time you have (without technology or distractions) to deepen relationships and encourage values in your home.

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HOPE // LUNA MOTH // SEAFOAM GREEN

Many people consider it a special event to come upon a Luna moth at night. (Luna is the name of the ancient Roman moon goddess.) These giant silk moths have shimmering pale green wings that seem to glow if they catch the moonlight, or the porch light. Lucky viewers can see them in the eastern part of the United States and Canada, as well as in Mexico and Guatemala.

Also called the American moon moth or the wild silk moth, *Actius Luna* (its fancy Latin name) has wings that stretch up to four and a half inches wide or more. The wings have eyespots, and they trail sweeping tails. They might appear to be glowing because they are covered with thousands of tiny reflective scales.

Luna caterpillars feed on birch, hickory, walnut, sumac, sweet gum, white oak, beech, wild cherry, red maple, hazelnut, pecan, willow, smooth sumac and persimmon leaves. The caterpillar molts several times before spinning a cocoon, which is often found on the ground, camouflaged in protective leaf litter.

After about three weeks, the adult moth emerges from the cocoon and expands its wings in three phases. It only lives about a week as a moth. Because it does not feed during this time, it doesn't have a working mouth or digestive system, but lives on stored energy. Males might travel long distances to find females. The female lays eggs, and that completes her life cycle.

In many traditions, these moths, like butterflies, can represent transformation.

HOPE: *Believing that something good can come out of something bad*

The stunning green Luna moth, once a caterpillar, inspires awe among humans.

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HOPE // LUNA MOTH // SEAFOAM GREEN

This calming shade of green has bits of blue and gray, calling to mind the ever-renewing ocean. It's halfway between blue and green on the color wheel. Like other greens, it's associated with good health and environmental efforts such as recycling. The actual foam at the seashore is white, but this color's name suggests the rolling soft greens that come in with the tide. Pale green hues have been used in paintings since the 1700s. Today, seafoam green is a popular choice for environments that project cleanliness and relaxation.

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