



# Hope at Hand

## “Possibilities/Spiral”

### Directions

1. Start: by reading “You Were Born with Wings” poem.
2. Read: “ The Summer Day”. Ask participants what they think this poem means.
3. Write: Plan an inspiration board by making a list of what you want to envision for your life. We have given you a few examples to get started.
4. Art: Fill in the spiral with things from your possibilities brainstorming list. Color in or doodle to make it your own!

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

### Materials

Pencils, markers or colored pencils, black Sharpies or pens.

## **You Were Born with Wings**

by Rumi

You were born with potential.

You were born with goodness and trust.

You were born with ideals and dreams.

You were born with greatness.

You were born with wings.

You are not meant for crawling, so don't.

You have wings.

Learn to use them and fly.

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## The Summer Day

by Mary Oliver

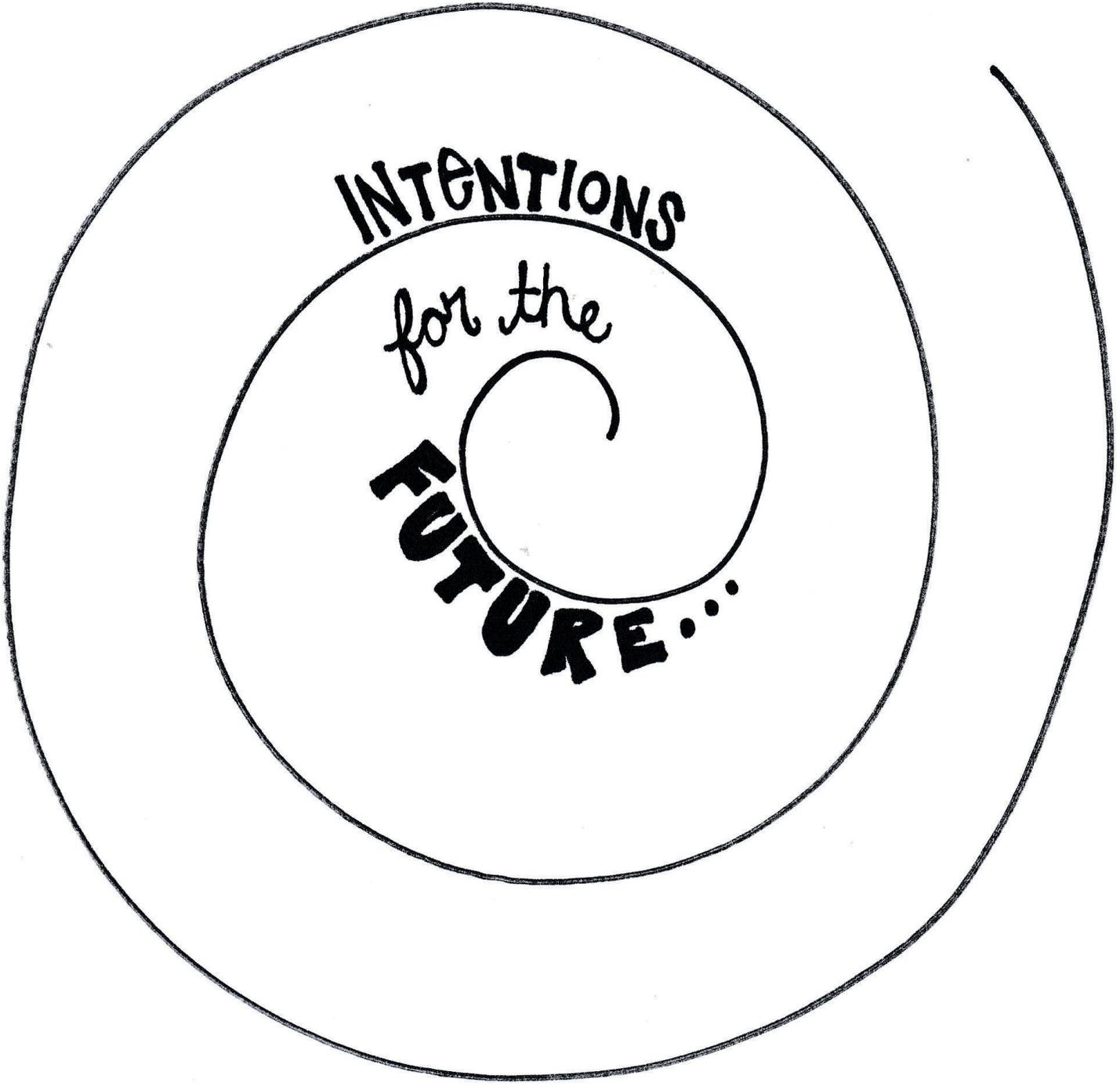
Who made the world?  
Who made the swan,  
and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean-  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth  
instead of up and down-  
who is gazing around  
with her enormous and complicated eyes.  
Now she lifts her pale forearms  
and thoroughly washes her face.  
Now she snaps her wings open,  
and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention,  
how to kneel down in the grass,  
how to be idle and blessed,  
how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?

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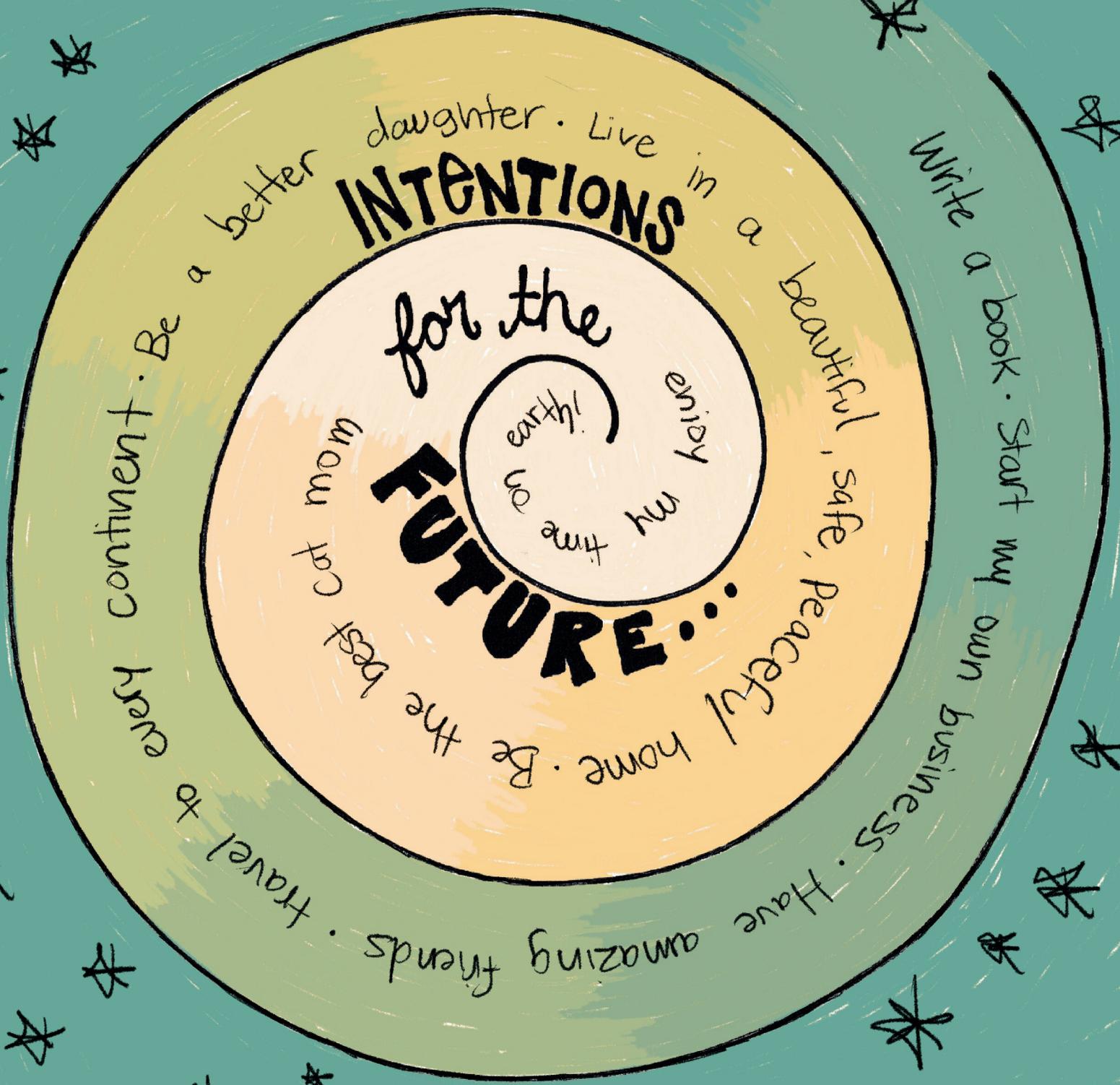


A hand-drawn spiral graphic consisting of three concentric loops. The text is arranged within these loops. The outermost loop contains the word "INTENTIONS" in a bold, uppercase, sans-serif font. The middle loop contains the words "for the" in a lowercase, cursive script font. The innermost loop contains the word "FUTURE..." in a bold, uppercase, sans-serif font, with three dots following the word. The spiral line starts from the center and moves outwards in a clockwise direction.

**INTENTIONS**

for the

**FUTURE...**



Be a better daughter. Live in a beautiful, safe, peaceful home.

Write a book. Start my own business.

Have amazing friends.

Travel to every continent.

Be the best cat mom.

enjoy my time on earth

INTENTIONS for the FUTURE...