

## A Flower for Mom

Mother's Day is a day to express love and gratitude for those who have cared for us as mothers and those we have cared for as mothers. This sentiment is equally as important whether this special person is living or not.

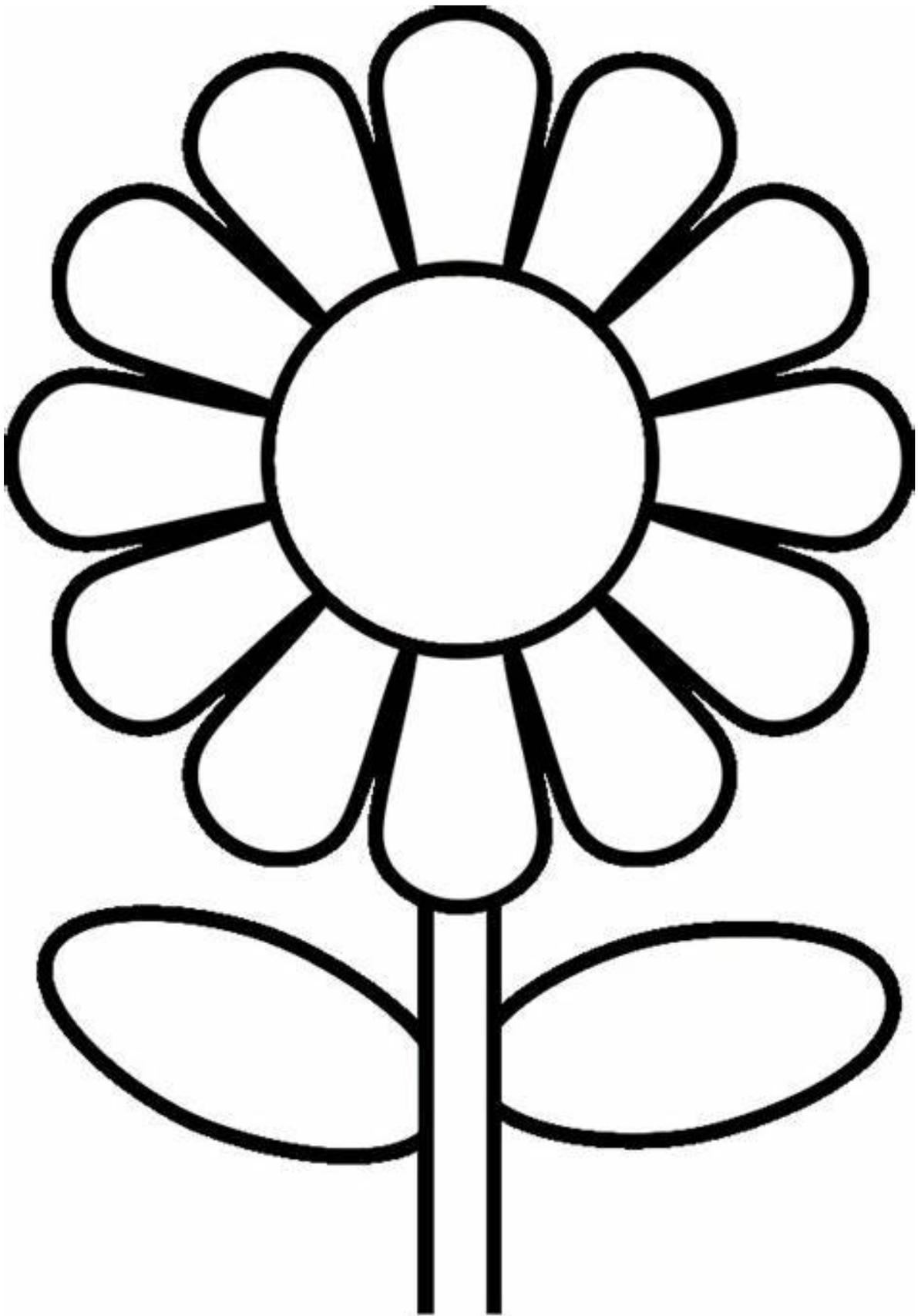
Please use the following activity and/or modifications to celebrate your mom or special person!

Cut out the flower below or get creative and make your own. In the middle draw a picture of you and your mom. Or maybe you have a photo you'd like to put there. On each of the petals, write or draw something special about your mom, something you love(d) doing together, one of her favorite things, what you miss most, where you'd like to go together, anything! You can use the leaves to write things you are grateful for.

If you've created your own flower, paste the petals to your circle base. Otherwise, cut out your flower to display in your home or yard!

Alternative Project for Tweens, Teens and Adults: Use the prompts below to write a letter to your mom, or the mother of your children or your child. If your mom or child has died, you can store the letter somewhere special, send it up in a biodegradable balloon, leave it for her at her gravesite or urn, read it aloud to her from a private or special spot, or even give it to your someone special to read.

The goal of both activities (or anything that celebrates Motherhood) is to honor the love you will always have for each other, starting from a place of gratitude.



## Letter Prompts

Some of your favorite things...

I am similar to you in the way that...

I am different from you in the way that...

If we could go anywhere together, I'd choose...

The most fun we've ever had together...

I miss most doing \_\_\_\_ with you...

If I could buy you anything, I'd buy you...

Something most people don't know about you is...

When I think of you I feel...

I am so grateful we...

One thing I want you to know is...