

My Meaning Hope and Connection Workbook

For children ages 6 to 12

Name: _____ Date: _____

Trusted person or support contact: _____

It is okay to have big questions about life, fairness, family, nature, or faith. You do not need to know every answer. A safe grown-up can listen.

This workbook welcomes people who are religious, spiritual, questioning, unsure, or neither. Skip any prompt that does not fit. If hopelessness persists, distress is severe, or safety is uncertain, seek professional support. In the United States, call or text 988 for a mental-health or suicide crisis; call 911 for immediate danger.



People and places of support

Person or place	How this helps	How I can connect
Trusted grown-up		
Safe adult at school		
Friend or family member		
Other person who listens		

What I want someone to understand about my questions



What matters to me

Three things that matter to me

A place that feels peaceful

A person or animal I care about

A story song or tradition I enjoy



Questions without pressure

You can leave a question unanswered. Choose a listener who respects your beliefs and does not force an answer.

A big question I have

How this question makes me feel

A safe grown-up who could listen



When life feels unfair

Hard things are not your fault. You can feel angry or confused and still ask for comfort.

What feels difficult now

What I wish others understood

What is within my control today

One kind response to myself



My connection map

I connect with	What connection feels like	One small step
People		
Nature or place		
Stories music or art		
Culture faith or personal values		

A boundary that helps me feel safe



My hope garden

Seeds are things you hope for. Water is support. Sunlight is comfort. Draw or write in each space.

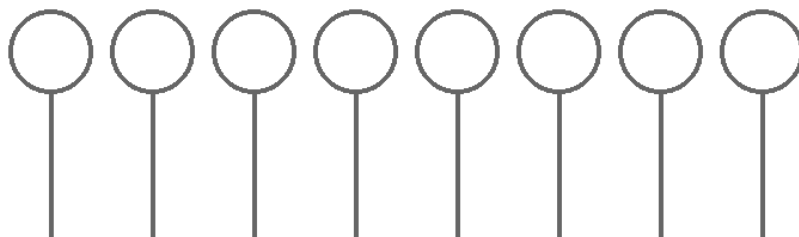
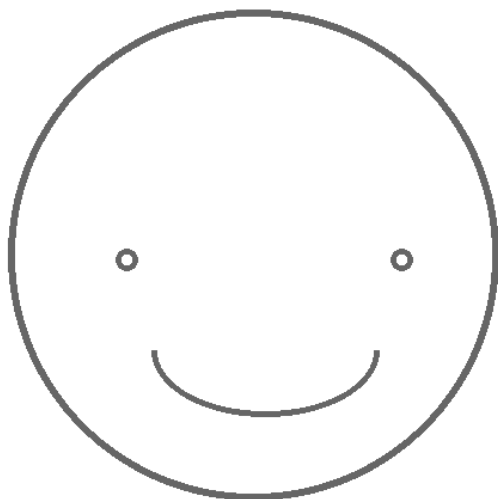
Seeds	Water	Sunlight

My garden picture



Color and pause

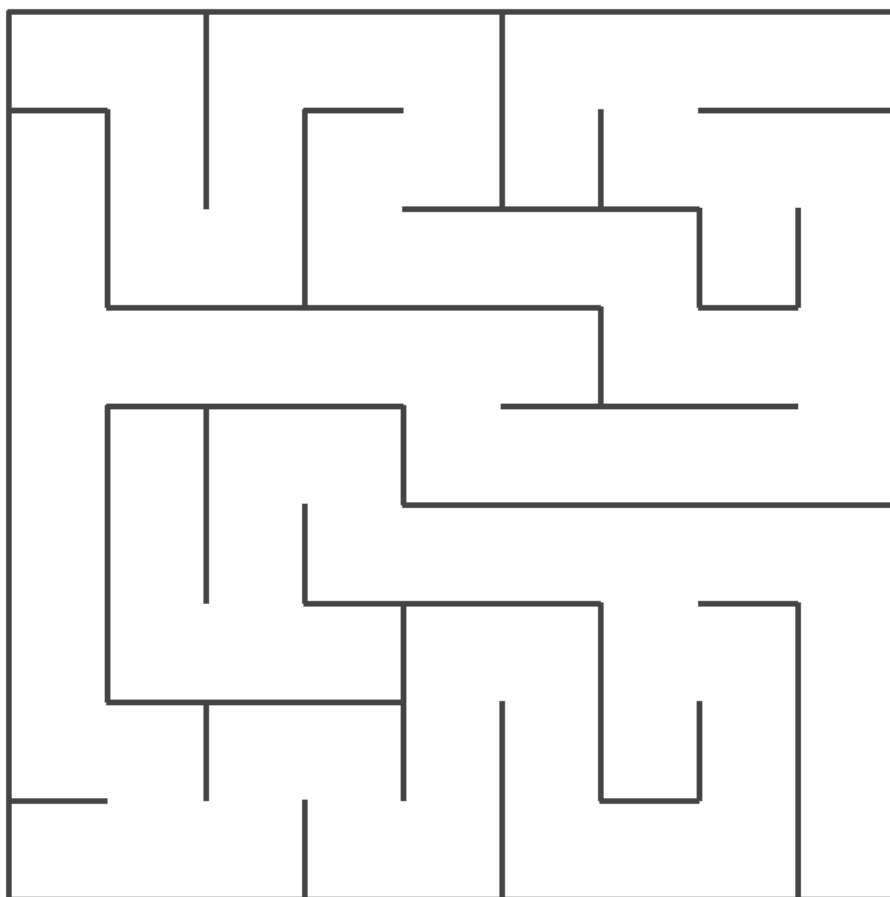
Color any part of this page. You can ask a trusted grown-up to join you.



A path to connection

Follow the maze from START to FINISH. You can try another route whenever you meet a wall.

START



FINISH



My comfort menu

Choose only what fits: time with safe people, art, music, nature, quiet reflection, a cultural practice, prayer if meaningful, journaling, movement, service, or professional support.

When I need calm

When I need connection

When I need honest conversation

When I need a break



Optional writing and drawing prompts

Days 1 to 3. Use in any order. Skipping a prompt is okay.

Day 1 Draw a place where you feel peaceful.

Day 2 What is something you are thankful for today?

Day 3 Who helps you feel loved?



Optional writing and drawing prompts

Days 4 to 6. Use in any order. Skipping a prompt is okay.

Day 4 What is a question you have about life?

Day 5 Draw something beautiful in nature.

Day 6 What does hope mean to you?



Optional writing and drawing prompts

Days 7 to 9. Use in any order. Skipping a prompt is okay.

Day 7 What is one thing that helps when you feel sad?

Day 8 What is something kind you can do for someone?

Day 9 What song, story, or tradition makes you feel connected?



Optional writing and drawing prompts

Days 10 to 12. Use in any order. Skipping a prompt is okay.

Day 10 What is one thing you like about yourself?

Day 11 What makes you feel safe?

Day 12 What do you do when you have a big question?



Optional writing and drawing prompts

Days 13 to 15. Use in any order. Skipping a prompt is okay.

Day 13 Draw someone who supports you.

Day 14 What is a happy memory?

Day 15 What does being a good friend mean?



Optional writing and drawing prompts

Days 16 to 18. Use in any order. Skipping a prompt is okay.

Day 16 What helps you feel calm?

Day 17 What is one thing you wish for your family or community?

Day 18 What is something that feels unfair?



Optional writing and drawing prompts

Days 19 to 21. Use in any order. Skipping a prompt is okay.

Day 19 What would you say to yourself when life feels unfair?

Day 20 What is one thing you can do when you feel lonely?

Day 21 Draw a symbol of hope.



Optional writing and drawing prompts

Days 22 to 24. Use in any order. Skipping a prompt is okay.

Day 22 What makes you laugh?

Day 23 What is one way you can care for your body and feelings?

Day 24 What does courage mean to you?



Optional writing and drawing prompts

Days 25 to 27. Use in any order. Skipping a prompt is okay.

Day 25 What is something you want to learn?

Day 26 What is one place you would like to visit?

Day 27 What is something that makes your family special?



Optional writing and drawing prompts

Days 28 to 30. Use in any order. Skipping a prompt is okay.

Day 28 What is one kind message you need to hear?

Day 29 What helped you feel connected this month?

Day 30 Finish this sentence: "I can keep hoping because _____."



30 day meaning and support tracker

Notice feelings, connection, and support. This is a tool for reflection, not a score of your beliefs or progress.

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
1				
2				
3				
4				
5				
6				

What helped me feel supported?



30 day tracker continued

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
7				
8				
9				
10				
11				
12				

What helped me feel supported?



30 day tracker continued

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
13				
14				
15				
16				
17				
18				

What helped me feel supported?



30 day tracker continued

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
19				
20				
21				
22				
23				
24				

What helped me feel supported?



30 day tracker continued

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
25				
26				
27				
28				
29				
30				

What helped me feel supported?



Looking ahead

What felt meaningful this month

A question I can keep exploring

A person or place of support

A small step aligned with my values

Adapted from Spiritual Distress Workbooks. These pages support reflection and do not prescribe religious practice or replace mental-health care.

