

This seal in my heart is with me night and day. When I am on my own or with lots of people, if I am at home or in school.

Her name in my heart protects me, hugs me, and gives me strength to carry on. It can brighten me up inside when it is dark, and can fill me completely.

Bringing Light

Draw a place that you would like the seal of love in your heart to brighten up and to be with you especially. Draw rays coming out of the heart to give you strength and to be with you.

A large, empty rectangular box with a blue border, intended for drawing. The box is mostly empty, with a small triangular shape at the bottom right corner, possibly representing a folded corner of the paper.