

Healing Words: a journey of HOPE

Week 2

What Does This Journey Ask of Me?

This week, the writing style utilized is a letter to someone we look up to. We will be writing to a person who sees us and loves us for who we are. (You don't ever have to send the letter.) Examples of a person to write to would include a former teacher, a religious/spiritual figure, a relative, a professional colleague or a mentor.

WRITING PROMPT

Dear (Person),
Help me understand what this journey is asking of me...

HAIKU "HOMEWORK"

Write a haiku for each of these:

Describe one quality you have that gives you strength

Describe one thing you do that brings you a feeling of peace

Describe a place where you feel uplifted