

*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.*

A Shield

Sometimes things get difficult for Sammy and everything seems dark. On those days, the name written in his heart protects him, hugs him and gives him strength to carry on. Sammy also has many qualities of his own that help him and make him special. One day he sat down with his aunts and they wrote down all of those qualities. Sammy couldn't believe how many nice things they put together. He felt happy and proud.

Together, they drew a shield on a piece of paper. They put Sammy's heart in the middle because the most important quality that he has is kindness, having a good heart. They also drew the mark of love left by his mother. A heart full of love can lighten up anything.

Inside the shield they included all of the qualities that they had put together, and then decorated the shield. His aunts put it in a photo frame and hung it on Sammy's wall so that he would always remember his strengths that can help him in his journey.

Would you like to make your own shield too? Ask someone who knows you well to help you.

