

*She gathered together all her strength and wrote her name on my heart...
Sometimes I close my eyes and try to see how it shines...
Even though my eyes cannot see it, deep inside, very deep, I feel it within me.*

Colouring with Sammy

It helps Sammy if he closes his eyes and imagines how the name written in his heart shines inside. Sometimes he sits down and draws it. He loves to use many colours. They are darker if he is feeling a bit sad that day. Sometimes the colours are very bright and cheerful because he remembers beautiful things. He always starts by putting his mother's name in the centre of the heart.



What do you imagine your own heart would look like if you could colour it in?

