



REFLECTION WITH ART



Art doesn't have to look or feel good. It just has to be true



STRENGTH

OPENING

Build the world you dream of
In your heart and in your mind

Leave things a little better
From the challenges you find

Stretch yourself in directions
You wouldn't always go

And you will find new purpose
And ways that you can grow

These are the seeds I've planted
And sometimes seen come true

Not only in my own life
But in my children too

Just as one dream is ending
Another one can begin

Fuelled by love and memories
And strength you have within

— Robert Longley



With The New Day Comes New Strength And New Thoughts



-Eleanor Roosevelt

CAN STRENGTH BE TANGIBLE?

When we think of the word '**strength**', the physical one springs to mind at once, followed by the material power. We seldom identify our strengths with something tangible and present in our daily lives. For instance, strength can be identified not only by family ties, language, traditions and humour but also by rituals, religions and spirituality. Native cultures always emphasized harmony with nature, endurance of suffering, respect and non-interference towards others; a strong belief that man is inherently good and should be respected for his decisions.

Strength also extends to other areas such as diversity, pride, innovation, adaptability, harmony, modesty and light-heartedness. Strength has values too, which include **generosity, kinship, fortitude and wisdom**. **Strength can also teach us** human values, which are often referred to as moral, spiritual and ethical values. It teaches us **to be tolerant to others** and in unity with all.

CREATIVE PART: A journey to explore our inner landscape

- ✚ Drawing from the above reflection, how do you perceive strength in your daily life?
- ✚ Have you had any stories/experiences that captured strength at its best?
- ✚ Express whatever comes to mind either through images or words.

ENDING



Art is 1 % practice, 1 % passion and 98% being one with your heart

FUN PART

HOW TO DRAW A LION'S HEAD

