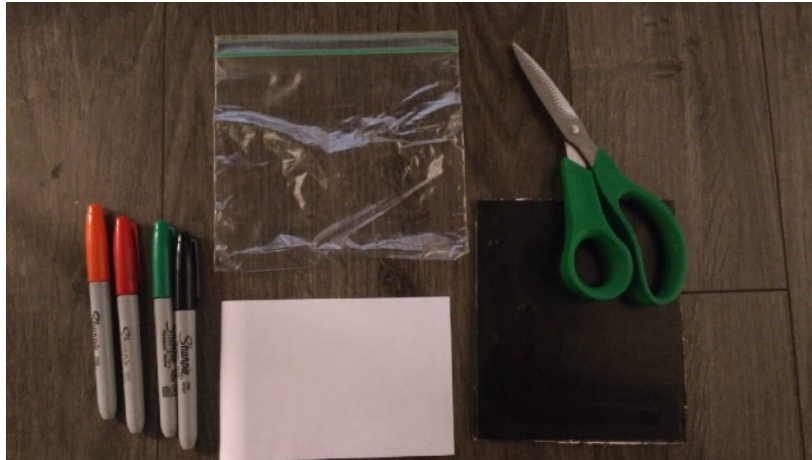


You will need a small sandwich bag, permanent markers, a white piece of paper, a black piece of paper (or cardboard), and scissors.



Begin by placing the white paper behind the sandwich bag. Use the permanent markers (multiple colours if you have them) to draw or write what you are hoping for directly on the bag. Regular markers will rub off the bag too easily. Scatter these images and/or words in different spots on the bag.



Set the white paper aside for later. Take the black paper or cardboard, and cut it into a rectangle that will fit inside the sandwich bag. Place it inside the sandwich bag.



Take the white piece of paper and some colouring instruments (permanent markers aren't necessary in this step). Trace out the shape of a small flashlight with a beam of light coming out of the flashlight. Colour the flashlight (leaving the beam of light in white) decorating it in a way that signifies hope to you. Cut out the flashlight.



Take the flashlight and place the beam of light inside the sandwich bag, in front of the black paper. Search through the bag using your hope flashlight to illuminate all of your hopes in the dark!

