

Good News Wall

There is good news to be found all over the place. Creating a space in our homes to remind us of the goodness around us can lift our spirits. It can nurture a spirit of hopefulness and gratitude about the world and ourselves.

This can be adapted for different ages, i.e. post more pictures for younger kids and articles for older ones.

-Location possibilities:

- a wall in your kitchen or hallway (put things directly on the wall or on a bulletin board)
- a kitchen cupboard door
- a window pane
- a refrigerator

What to post:

- Cut out articles in newspapers or magazines about politicians and ordinary kids and adults doing positive things in our community and in the world. Or other good news articles.
- Post events or posters you find that remind you of people doing good things – even if you don't attend them, posting them is worth it. (marches, art walks, festivals)
- Post pictures of nature or maps of places to hike. "Studies" have shown that even looking at pictures of animals and scenery can decrease stress. If you're able, print pictures off your favourite nature website. Or put up drawings.
- Post comics and good-natured goofy pictures. Seriously.



In the summer I put this above our sink.

Still gets me.