

THE LOTUS FLOWER

Rooted firmly in the mud, the Lotus Flower grows in murky water. Because of this, it can be a representation of growth during difficult times. You too can grow out of the mud! Using colors, images, shapes, and words, fill in the Lotus Flower to represent one or more challenges you've been through and how you overcame them and blossomed. Use your finished flower to remind you of your resilience. Whatever comes up for you is OK – there's no right or wrong way.

