



# Shine Your Light

A CREATIVE CARE CELEBRATION



ACTIVITIES**STRONG**

TimeSlips<sup>™</sup>

## Activity Guide

**Week Three: How do you find  
light in the darkness?**

# Activity One: Creative Conversation

**How do you find light in the darkness?**

**If this question is difficult to answer, here are some examples of how to rephrase it:**

- What gives you hope?
- What brings you joy?
- Who is your sunshine?
- What is an anchor for you in hard times?
- What do you endure?

**Try keeping the conversation going by using these follow up questions:**

What can you do to keep light shining bright?

How does a warm light make you feel?

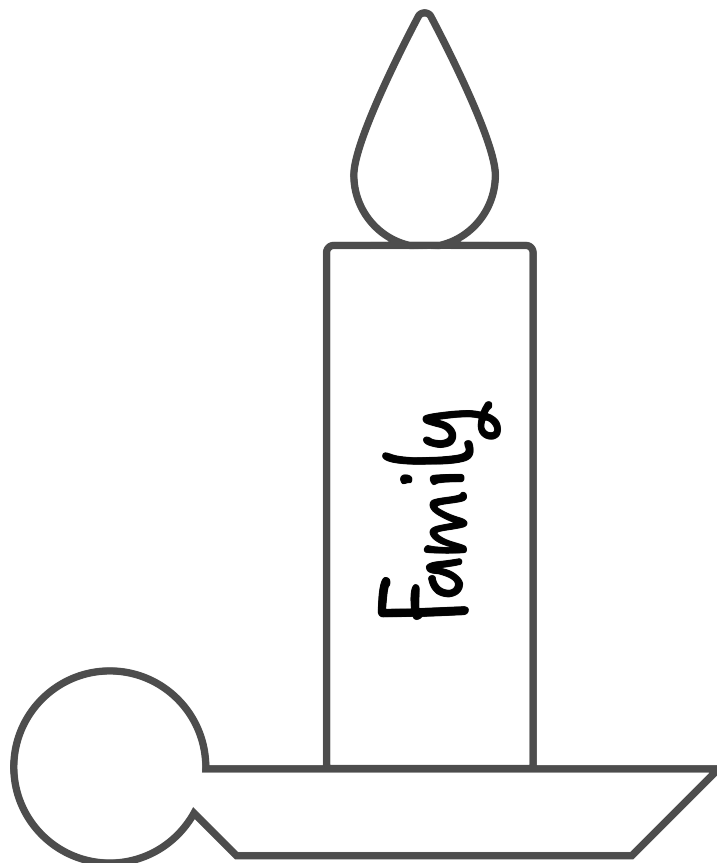


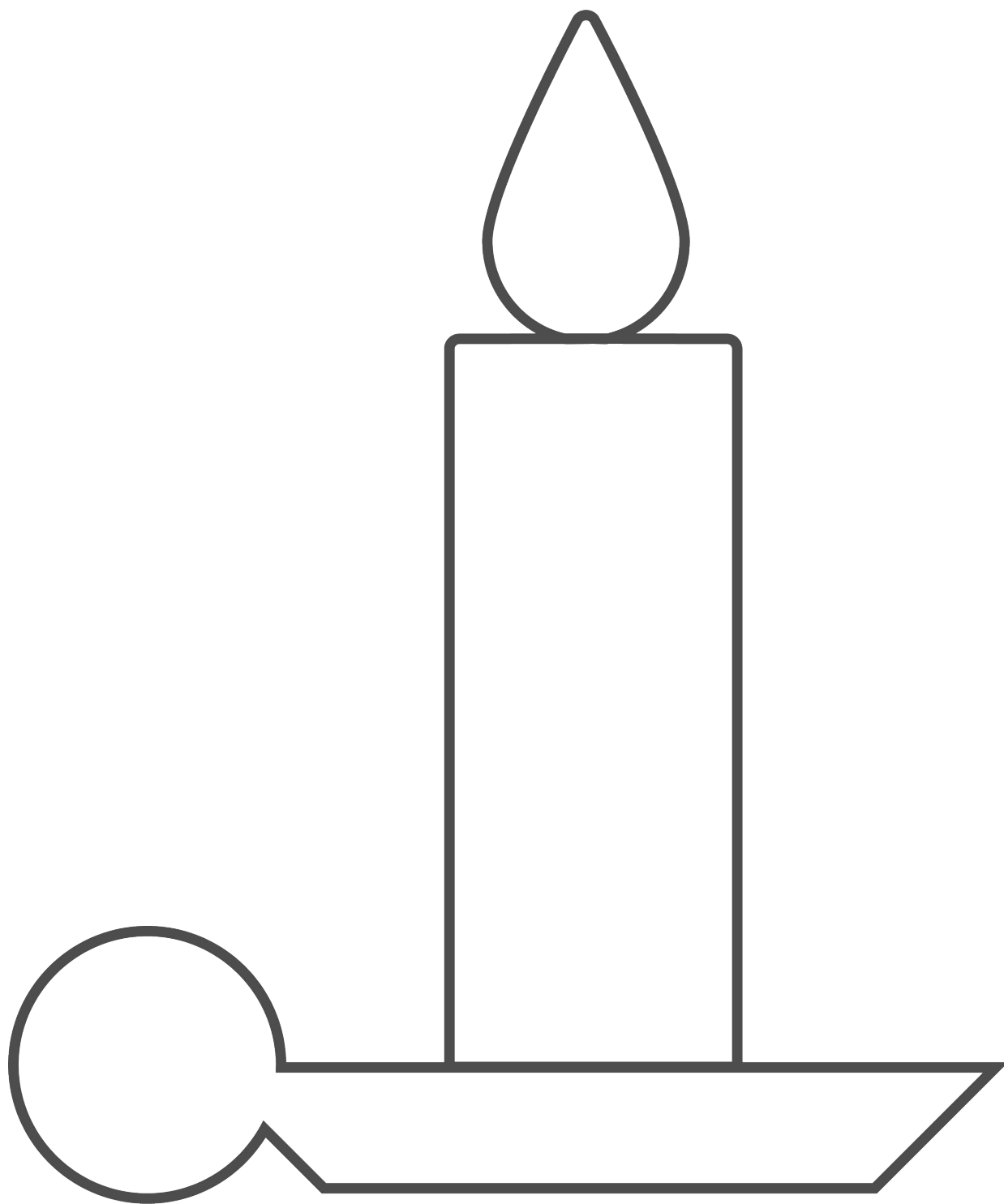
## Activity Two: Candle Worksheet

**Use the Candle worksheet template to write down responses to one of the suggested Beautiful Questions for the week on a paper candle.**

✧ Write something that brings you joy or hope on the candle on the next page. You can include your name, or color the candle, but you do not have to. See the example below.

**Tips:** Display these candles on a notice board or somewhere else where other staff and residents can read them. Make other paper candles available so other staff and residents can add their own.





# Activity Three: Write a Postcard

**Send a bit of light to someone via a letter or postcard.**

- ✧ You could write to someone in your care community, to someone in another care community, a local school, a family member, etc.
- ✧ In the letter or card you can share your advice on how to find light in the darkness. Feel free to use our postcard template below, or make your own. If you'd like to start a penpal relationship with someone, make sure to include your return address and ask for them to write back.

Jane Doe  
4321 Sheridan Rd  
Chicago, IL  
65432

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CONNECTING THROUGH CREATIVITY

Here's my answer:

**I listen to music that makes me feel hopeful. Write me back to let me know what you think.**

What's yours?

**To: John Smith  
1234 Water Street  
Milwaukee, WI  
54321**



A BEAUTIFUL QUESTION :

# How do you find light in darkness?



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Here's my answer:

What's yours?



## ✧ Thoughtful Action of the Week

Mail your letter or postcard to someone else. Perhaps you can encourage them to send a similar note to someone else who might appreciate the advice/wisdom.

## ✧ Celebration Elements

Consider setting aside the paper candles so you can recreate the candle display as part of an exhibition during your “Celebration of Light.” Think of other places in your community where these could be displayed for others to see (windows, etc).

## ✧ Shine Your Light On Us!

We encourage you to share the responses and images of the progress of this program with other staff, family members, and the #activitiesstrong network!



Linked Senior & TimeSlips Creative Storytelling



@linkedsenior @timeslipscreativecare

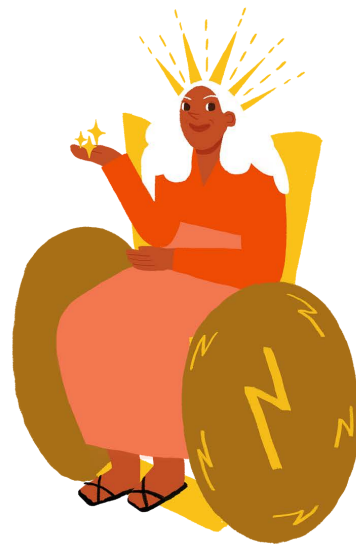


@linkedsenior @timeslipscreativecare



@linkedsenior @timeslipscreate

Please share your work with our community by tagging us and using the hashtags **#activitiesstrong** and **#shineyourlight**



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## Shine Your Light Project Contact:

**Andrew Morton**, TimeSlips Master Trainer & Project Manager

If you have any questions about this project or would like some additional creative inspiration, please email: [andrew@timeslips.org](mailto:andrew@timeslips.org)

Visit the links below to learn more about the partnering organizations of *Shine Your Light*.

[www.timeslips.org](http://www.timeslips.org)

[www.linkedsenior.com](http://www.linkedsenior.com)

[www.activitiesstrong.com](http://www.activitiesstrong.com)