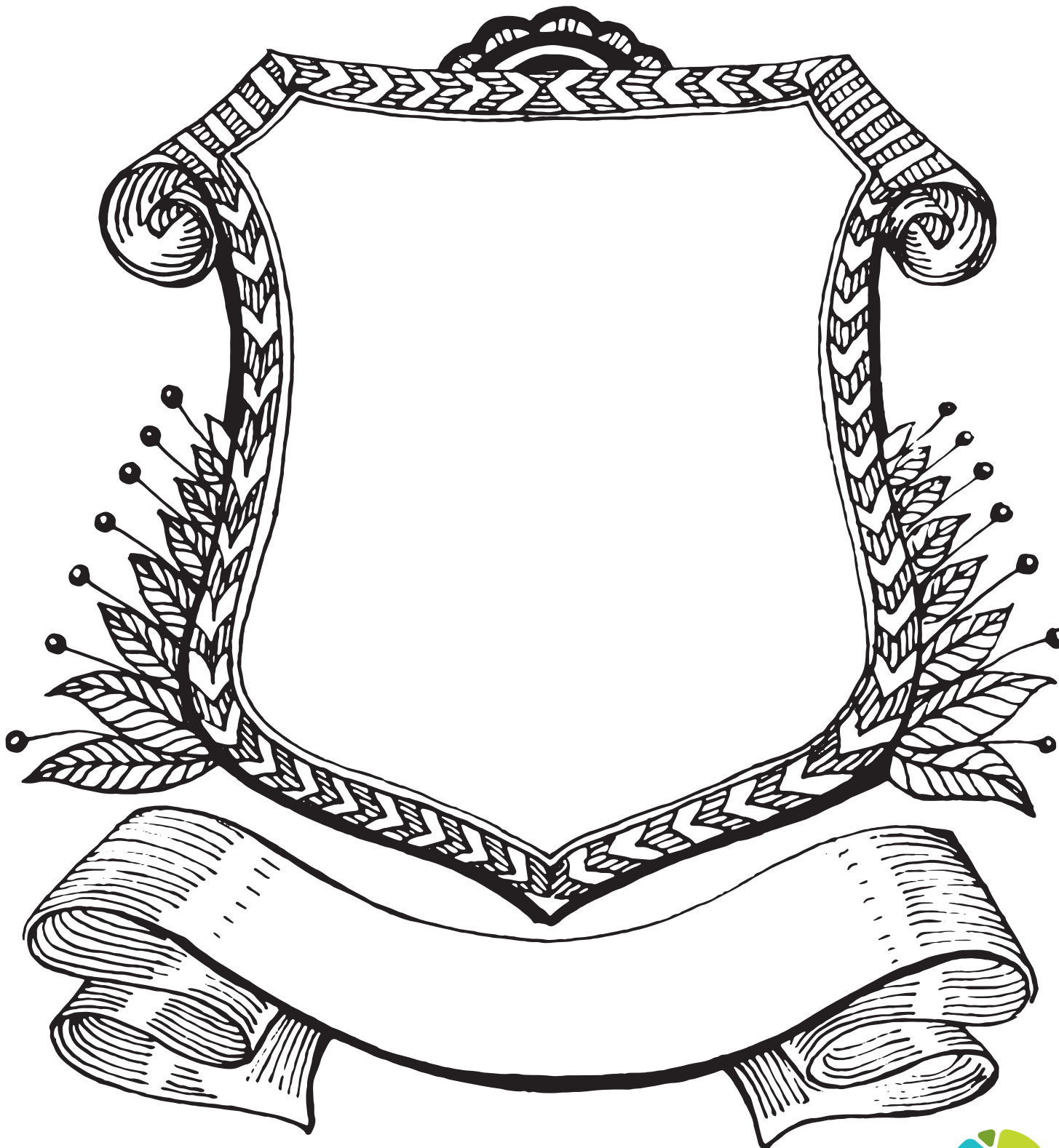


Our Family Crest



Directions: Create a mindful reminder of how special your family is by designing a unique family crest! Discuss your family's values, goals, and strengths. Use those to design a crest that represents your family. Display this in your home and intentionally reflect on these values every day!

