

Design Your Wave of Strength



Waves rise, fall, and return. Just like us.

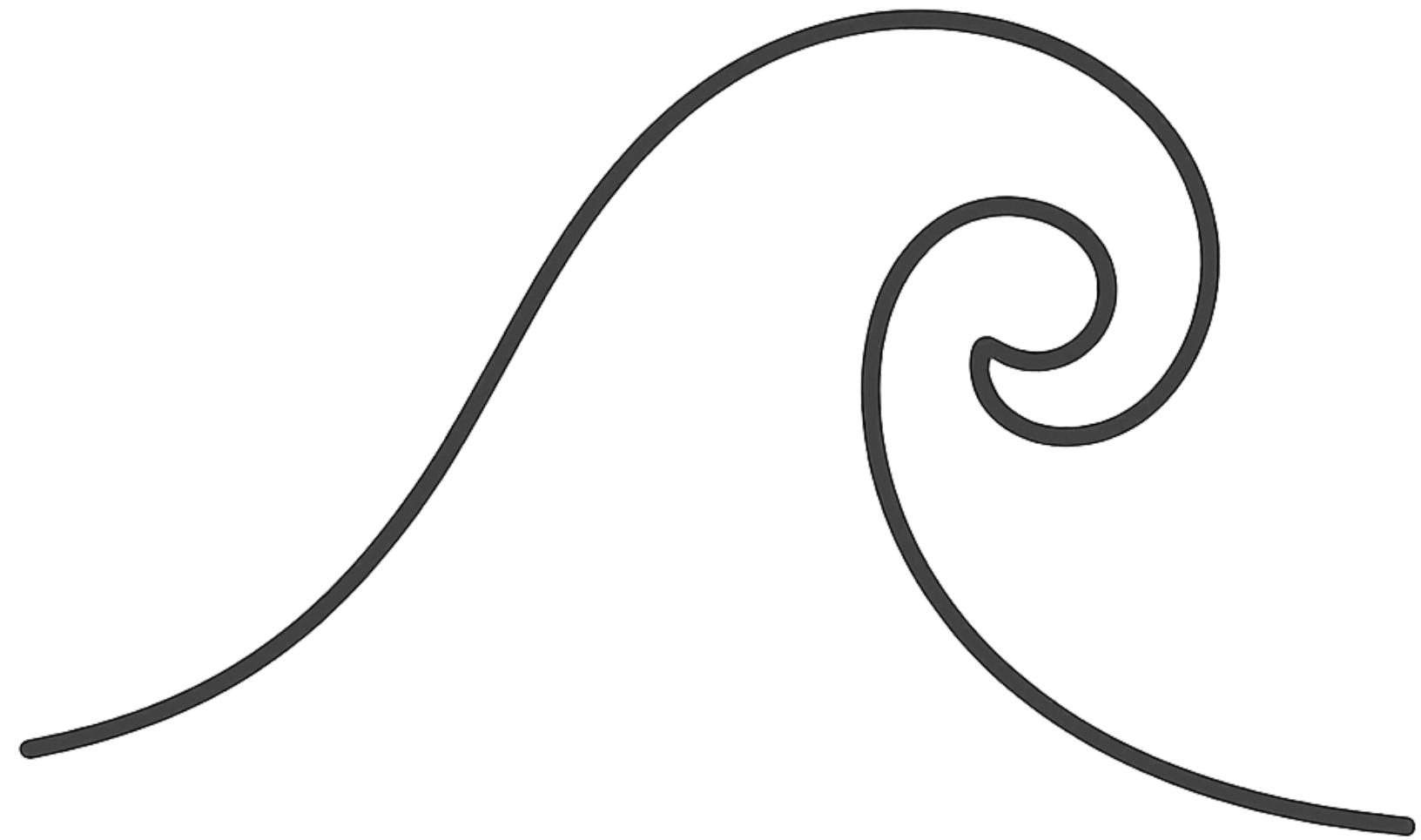
In this activity, you'll design your own wave to represent your strength.

Choose a wave outline and fill it with colors, patterns, or symbols that show your resilience.

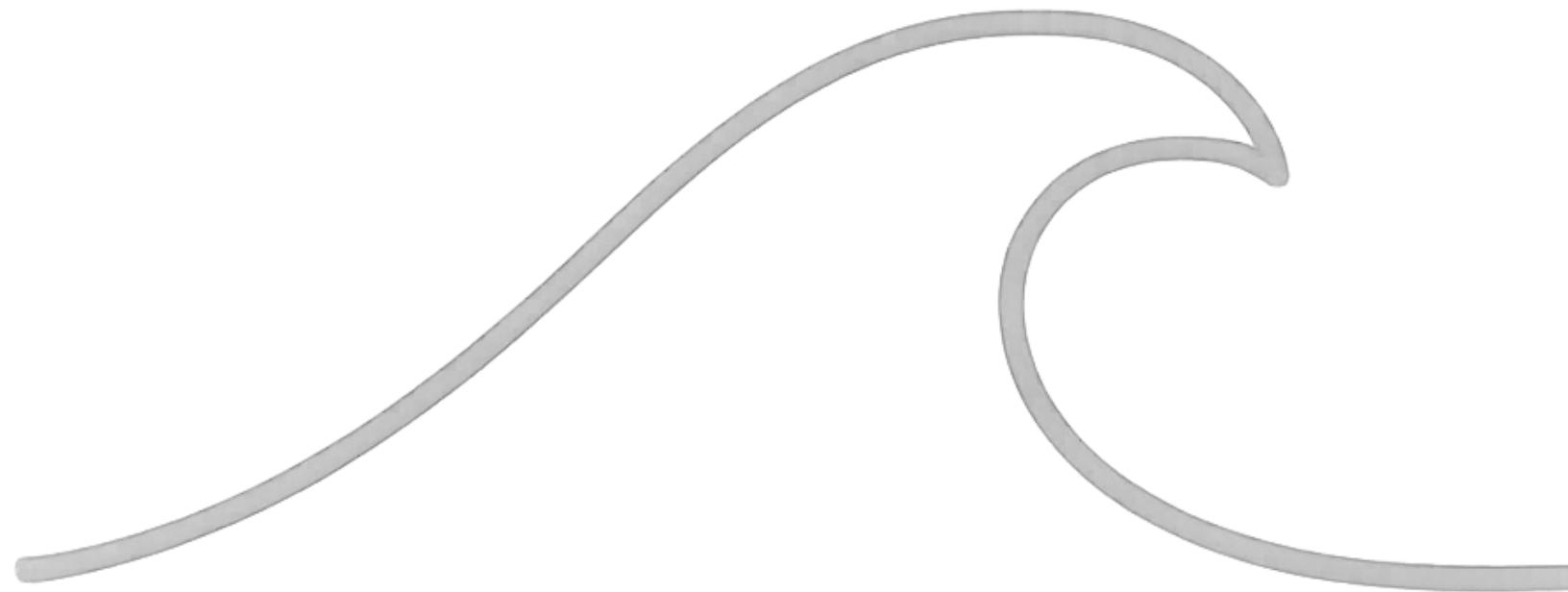
Each wave is unique, just like your journey.

Tidal Resilience Foundation, Inc.

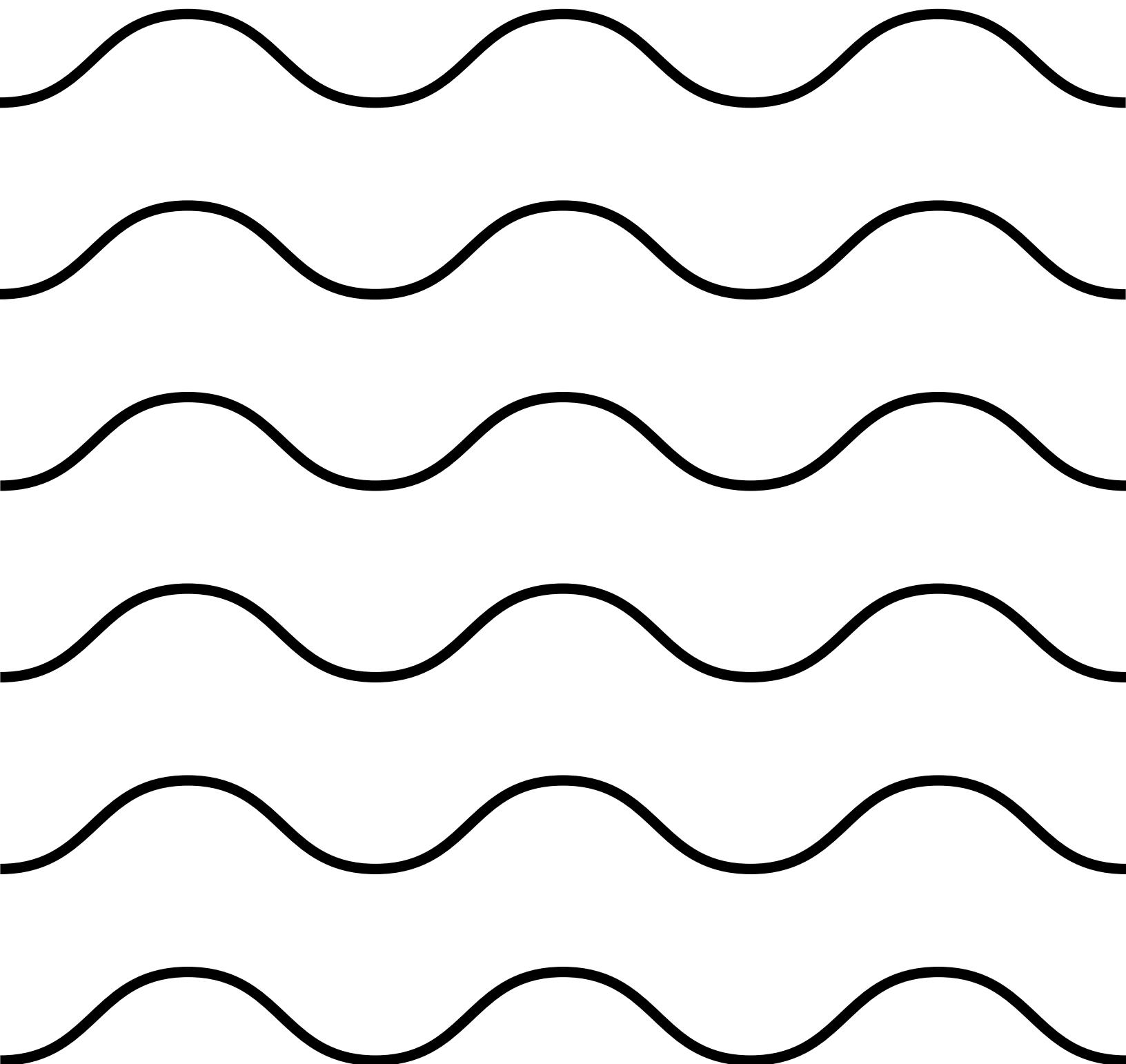
Fill this wave with your strength.



Fill this wave with your strength.



Fill this wave with your strength.



What Does Your Wave Mean?

You've colored and designed your wave of strength.

Now take a moment to reflect.

There's no right answer —
just your story, your feelings, your strength.



- What did you put inside your wave?
- What colors did you choose, and why?
- How does your wave show your strength?
- What does your wave remind you of?

My wave carries my strength, my
story, and my hope.