



Build a Refuge

A-MAZE-ING
ADVENTURE

Picture yourself in a magical treehouse, nestled in a cozy corner by a glowing fireplace. Outside, it's stormy, and the winds are howling. But your treehouse is a refuge where you feel safe and happy.

Life is full of surprises, and that can worry us. But we can create a refuge with our thoughts and actions. In tough times, stop, take a deep breath, and think of good things—your family and friends, favorite memories, or the beauty of nature.

You can spread joy by inviting others into your refuge, too. Smiling at a neighbor, helping a friend study, or sharing a treat with a classmate makes them feel cared for. Your kindness may inspire them to create their own happy place and invite others inside.

When we all show compassion and love, our magical treehouses can become a global village. Start building yours to help create a more peaceful future!



In this magical treehouse, help the kids find their way to the treetop party!



START