A SHINE BRIGHT SECRET ADVENTURE!

If your body feels heavy or the day feels too hard, close your eyes and go on a secret adventure without even moving your feet!

Imagine a tickly breeze lifting you up, carrying you to a place where the sky is huge, and the sun feels like a warm, summer hug.

Look around your secret place. Can you spot a bird soaring high or leaves dancing in the trees? Does the light make funny shadows? What do the clouds look like: a whale, a bunny, a dinosaur, a heart?

You don't need to travel anywhere to go on a Shine Bright Adventure; you just need to look around you. What colors do you see? Can you find your favorite color? What shapes do you see? What do you smell? How many sounds can you hear? Are they quiet sounds or loud sounds? What can you touch? Does it feel soft or scratchy, warm or cold?

We can find God's wonder everywhere!

PRAYER

Dear God, thank You for the amazing world You made! Thank You for making me. Help me find adventure wherever I am, however I feel, and wherever I go. In Jesus' name, amen.

SHINE BRIGHT SONSHINE SQUAD ADVENTURE

Welcome to your **Shine Bright Sonshine Squad Adventure!**

Some days our bodies feel strong, some days they hurt, and some days we just feel tired—but ***every day, our light still shines.*** When we can't go on a big trip, we can always go on a heart adventure. With a little imagination, we can explore the world from our beds, couches, or hospital rooms.

We can travel in wonderful ways: swimming across oceans, fluttering with butterfly wings, shuffling along forest paths, soaring through bright skies, trotting clippity-clop over hills, or skipping, hopping, bouncing, and flying from place to place.

SHINE BRIGHT ADVENTURE

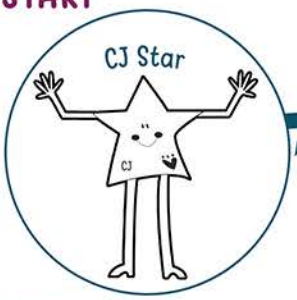
For each of the next 8 days, follow the winding path to a new country in the same way each Sonshine Squad friend would travel. Take your time. Imagine, explore, and have fun. Place one sticker on each circle as you complete the day's adventure—***just one circle a day.***

This is your adventure. There is no rush and no right or wrong way to do it. Wherever you are and however you feel, you can ***shine bright every day!*** ✨

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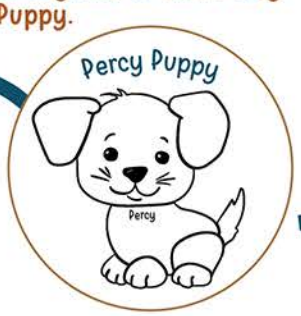
AN 8-DAY SHINE BRIGHT SONSHINE SQUAD ADVENTURE

START



DAY 1: Your adventure starts with **CJ Star** in United

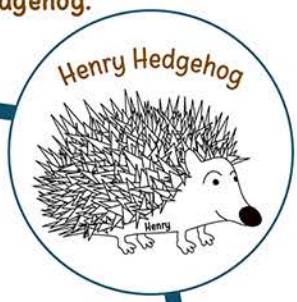
DAY 2: Swim across the sea to England to visit **Percy Puppy.**



DAY 3: Flap, flutter and float to France, the home of **Brielle Butterfly.**



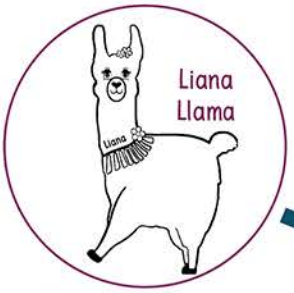
DAY 4: Shuffle, shuffle, scurry to Germany to visit **Henry Hedgehog.**



DAY 5: Wings ready! Soar south to Mexico to see **Quiel Quetzal.**



DAY 6: Clippity-clop, trot to Greece to visit **Liana Llama.**



DAY 7: Skip, hop, bounce to Ireland to visit **Neeley Joy!**



DAY 8: Hoot, hoot! Glide the skies to Scotland to visit **Obediah Owl.**

FINISH



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