

POLAROID WISHLIST

Life isn't perfect, but it's important to realize no one's is. Sharing our wants may open up to connections and new possibilities.

Directions: Inside each polaroid draw events, activities or things you wish you could do or have. Cut out each polaroid and share them with others. Talk about how it makes you feel. Are there any similarities or do they all differ? Does anyone have any unique ideas on how to make your polaroid wishlist come to reality? Don't worry if they are lame or silly, that's part of the fun.

Purpose: No matter the person, everyone has things they wish they could do or change. Sharing these wishes with others can help create comfort in what you have, and what you don't have. It is important to realize you are not alone in these feelings.

