

Comfort Blanket



We feel afraid when things in our lives seem out of control.

People in Ukraine will be feeling afraid about what is going to happen to them, to their families, to their homes and to their jobs.

Take the blanket and wrap it around yourself. Pull it as tight as you can. As you do this, think about those in Ukraine who need support and comfort right now - those who need to feel safe.

If you want to, you can whisper your hope or prayer for them.