



Affirmative Thoughts:

A wise man once said, “As a man thinks, so he is.” One of the hardest aspects of fighting cancer is the mental battle. As powerful as expression through art is, sometimes we need outside voices reminding us of hope and the truths that get lost in the fight. That is why we have included various cards with inspirational words in your Art Care Package. Our desire is to spur you on to find the beautiful things in life and focus on them. So much of life is perspective. And while thinking positively may not eradicate cancer, it can help you live a healthier, fuller life. So feel free to express yourself through the various mediums provided, and when the mental battle is hard, hold on to the truths with which you have filled your frame.

Tips for Coloring:

Did you know that just one pencil can create a wide variety of colors and textures? As you work on your coloring cards, try experimenting with shading by varying how hard you press on the paper. The harder you press, the darker the color will be, and the lighter you press, the lighter your color will be. Also try combining ink and pencil for sharp contrasts. The possibilities are endless!

The story of LUNA and the word Significance as part of your journal

The story of Luna was conceived out of a desire to connect with patients in a very difficult time of life, a cancer diagnosis. Founder and President, Biviana Franco, birthed the concept of a little girl named Luna who finds beauty and significance in the simple things. These things take the shape of natural objects in the story as a representation of how in seemingly hopeless times, beautiful things are around us; we just have to look for them. This story also reflects how hope grows and is meant to be shared. The relationship between Luna and Albert is one of trust and simplicity. When Albert is struggling, Luna uses the strength she has to help Albert see hope. The truth is we cannot walk alone. We were meant to journey with others, and sometimes we have the strength of Luna; sometimes we need the camaraderie of those around us. Whether a patient relates to Albert or Luna, the hope is that he or she will be inspired to seek out the beautiful things in their own life and in turn help others see the beautiful things in theirs.