

# The On Our Sleeves

## Icon Collection

**Because kids don't wear their thoughts on their sleeves, the *On Our Sleeves* icon collection visualizes what you may see if you could know what's on a child's mind and in their heart.**

**Each icon represents potential thoughts or feelings someone could have, using simple illustrations to symbolize complex range of emotions. Your experiences will define what these icons mean to you.**



**Anchor**

For some, the anchor means hope... calm... stability. Think about those people in your life who you can turn to no matter what you're facing...who are part of your support system. These are your anchors. As we face the many challenges that life brings, our anchors are important to help us steady ourselves, to ground us, to hold on to when the waters are rough.

On the flip side, the anchor can be seen in a negative light. For some an anchor represents a weight, dragging you down. A feeling that you can't get your head above water, that it might pull you under.

People can feel this way from time to time. But when that heaviness really pulls you down so much that it affects your daily life—that's when it becomes a concern.



**Star**

A star is a beacon of hope—a shining light that guides the way. It's a symbol of positivity, happiness or renewal. Look up into the nighttime sky, and the stars have a magical and inspiring presence. **Is there someone in your life who is a shining star to you?** A star also is a miracle, persuading us to make a wish when we see one cascade across the sky.

For some, stars might represent their goals and dreams...the possibility of a step forward or a new beginning. We want all children and their families to have the light to find their dreams, or to have the chance for a new beginning—one of hope, joy and good health.



### Phone

Sometimes we just want to be heard. To know someone is on the other line, listening. It's a connection made, a commitment to listening. A phone call is a way to show support, to nurture, to reach out.

We all have something to say. For some, it's easier than others to be heard. And the frustration when we aren't can be stifling.

**Are you willing to reach out and listen?  
Is there someone you can call today?**



### Letter

*Dear someone...*

Letters are one of the oldest ways to connect...to feel associated and nurtured. With each stroke of the pen or clack of the keyboard, it's a way to say, "thinking of you." Sometimes we write letters to ourselves in a diary or journal as a method to sort through our thoughts, to think on paper.

A letter is a thoughtful investment in someone's time and feelings. It carries a little extra meaning. In today's hyper-connected world, it's an opportunity to slow down. **If you could write a letter to someone who's been a support to you, what would it say?**



### Happy Face

One of the most recognizable signs of pure joy, a happy face often represents feelings of happiness, satisfaction, well wishes and humor. It's contagious, often eliciting happiness in others—the ultimate sign of optimism or well-being.

Nonetheless, the happy face can also feel unrealistic or "fake" as it is used so often in social media. Do people really feel that happy? We can hope for all of our children to be happy as they navigate the complexities of growing up in an increasingly fast paced world.



### Peace Sign

A symbol of several significant moments in history, and still significant today, the peace sign represents many things: calmness, feeling grounded or rational thinking. Or perhaps it represents being at peace with oneself, with those around us or in our world.

For those who are dealing with trauma, depression, or some other difficult circumstance, peace might feel out of reach. **What can you do to help others find their peace?**



### **Rainbow**

A rainbow is often a sign of hope, the beauty after the storm, a pot of gold and good fortune at the rainbow's end. For many, a rainbow carries a personal symbolic meaning—representing inclusivity and diversity, an all-embracing image of love and friendship.

For others, a rainbow might not mean good fortune and beauty, but something far off. The pot of gold isn't there, or the love and friendship is there for others but not for them. Somewhere over the rainbow is far, far away.



### **Flower**

Radiant and pretty, the flower is often a sign of happiness. Think about the first time you planted a seed as a child. As it grew from a single seedling into a radiant flower, it inspired hope and the realization that with hard work and love, something magical can happen.

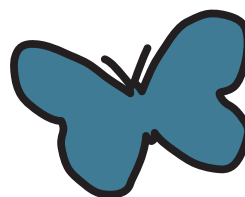
Who we are and what we think grows over time. By cultivating and nurturing the hearts and minds of our youth, each child can grow into someone radiant and beautiful.



### **Heart**

For most, a heart represents feeling complete, satisfied and happy. It's a fulfilled sense of being, belonging and purposeful living. It represents a universal desire—what most of us strive for in life. What fills a heart is unique to each person. Whether it's love, family, friendships, learning or giving back in some way, we all find purpose in different things.

Sometimes our hearts feel broken. They break when we see loved ones struggling or when we experience hardships ourselves.



### **Butterfly**

It can start with a conversation—an interaction that can lead to a transformation in someone's life. The building of trust... the breaking of a stigma...the creation of a butterfly effect. By taking action and offering hope, even in just one child at a time, we can help change the course of the future, providing life-altering support that lasts into adulthood.

Just as a butterfly symbolizes our unlimited potential through the support and love we give to one another, it reminds us that our hope can be bigger than our fears.