

*What is the peace project?* The peace project is an idea that came from Algonquin Best Start hub and their inspiring work to spread hearts to those people in the community that need a little extra care or may be suffering a loss. The Teen Yoga 4 All class has decided that this is a great idea and would be wonderful to share hearts with other teens that are experiencing stress, illness or any other difficulties that we go through in our teens.

## I follow my heart Operation Peace Project



*How it Works?* A basket of sewn hearts will be delivered to the high schools that wish to participate. Any teen that feels they or someone they know needs some extra love or peace can take a heart. As they hold the heart they can know that other teens care about them and hope that things will get better for them soon. It is our hope that the hearts will give each teen out there the strength to face the challenges in front of them. When they are no longer in need of the heart they can pass it on to someone else. And that is how it works!