



June 2026



I STAY HOPEFUL AND STRONG AND I ...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Believe helping others makes the world better.	Stand up for people who are treated unfairly.	Welcome others with love and understanding	Believe in fairness and equal opportunities for all.	Find courage in being myself.	Can find beauty in small moments.
7	8	9	10	11	12	13
Express myself with honesty and courage.	Stay hopeful even when life is hard.	Understand the importance of kindness.	Write my thoughts to make sense of the world.	Believe that even one person can make a difference.	Respect all people, no matter where they come from.	share my story to inspire others.
14	15	16	17	18	19	20
Can stay strong with love in my heart.	Matter.	Hold on to what is good, even when things are hard.	Stand strong in tough times.	Value freedom and fairness for everyone.	Believe in peace and understanding.	Never give up on hope.
21	22	23	24	25	26	27
Am brave in the face of fear.	Choose hope over fear.	Try to see the good in others.	Stay true to who I am.	Believe in a better future.	Treat others the way I want to be treated.	Write to heal and to grow.
28	29	30				
Believe that one voice can shine through darkness.	Choose to forgive and move forward.	Honor Anne Frank's story by living with hope.				



Anne Frank (June 12, 1929)

Anne Frank was a Jewish girl who hid from the Nazis during World War II. She wrote in her diary about her hopes and feelings. Even in scary times, she stayed kind and hopeful. Her words remind us to be strong and care for each other.