

# Sunflowers



- Sunflowers originally came from the Americas and were grown for food, medicine and dyes. They were an important part of many Native American cultures.
- They are often seen as signs of cheerful optimism for the way they resolutely grow towards the sun. Young sunflowers face East at dawn and gradually turn to the West as the sun moves across the sky.
- Are there areas of our life where we could be more positive and look towards the light? Do we have people in our lives who believe in us and encourage us, or places and activities that help us grow? How can you bring more sunshine into your life?
- How could you bring sunshine and smiles to those around you?

***‘Turn your face towards the sun, and the shadows will fall behind you.’***

Maori Proverb

