

# Hearts of Resilience

Hearts of Resilience began with the creativity and spirit of Ari, an 11-year-old boy who first connected with WOH4L through his project Resiliency Rocks. Ari found that art could be a powerful way to express strength, positivity, and perseverance, and he extended this vision by spray painting wooden hearts that symbolize resilience in its many forms. Each heart is unique, a reflection of both individuality and the shared journey toward healing and growth. These painted hearts serve as visual reminders that resilience is not about never facing hardship, but about finding ways to rise, adapt, and continue forward with hope. Displayed in homes, schools, community spaces, and events, the Hearts of Resilience offer encouragement, spark conversations, and embody the belief that even in challenging times, beauty and strength can emerge. By uplifting Ari's creativity and sharing these symbols with the community, WOH4L continues to emphasize that resilience is built through connection, kindness, and the courage to keep moving forward. The Hearts of Resilience stand alongside other initiatives, like Hug Buddy Postcards, as tangible reminders of the power of small acts to create lasting impact.