



**Burden Activity**

*Use this illustration to help your students discover what they are burdened for. A burden is an issue that exists in the world that truly stirs your heart.*

She can't explain it. It seems so crazy. Nora's eyes well up with tears every time she sees homeless people in cardboard shacks. She can't control it. It just happens. She even cries at the mere thought of people living outside in the freezing cold.

What is Nora's burden? \_\_\_\_\_

What brings tears to your eyes? \_\_\_\_\_

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Ben wishes it never happened. Sometimes he wonders if he was the cause of the trouble. It hurts so much that his Mom and Dad are getting a divorce, and his family is being torn apart. Ben's heart is breaking and he often feels sad or angry about the split.

What is Ben's burden? \_\_\_\_\_

What life experience has been really hard on you? \_\_\_\_\_