



Create Sparks of Hope

Keep Shining | Disability & Wellness Edition

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Create Sparks So You Can Shine Hope

MOVE IN A WAY THAT WORKS FOR YOU

Seated, adaptive, gentle, it all counts. Reset your nervous system and center in possibility.

SHINE: Stress Skills | [Adaptive Fitness](#) ›

NOURISH YOUR BODY, YOUR WAY

Make a wellness-supporting meal, including allergy-friendly and gluten-free options. Fuel body and mind with love.

SHINE: Happiness Habits | [Wellness Hub](#) ›

MAKE DAILY LIFE EASIER

Set up one small accessibility win at home, like a daily pill organizer, reacher, or grab bar.

SHINE: Inspired Actions | [Daily Living Aids](#) ›

BUILD YOUR HOPE CIRCLE

Hope grows in connection. Reach out to someone who gets it, or stay close with voice and video tech.

SHINE: Nourishing Networks | [Stay Connected](#) ›

DRESS IN COMFORT AND DIGNITY

Adaptive, sensory-friendly clothing with magnetic closures and easy-on designs removes a daily barrier.

SHINE: Eliminating Challenges | [Adaptive Apparel](#) ›

Create Sparks So Others Can Shine Hope

CHAMPION A CAREGIVER

Being a champion for someone lowers your own stress, too. Send a kind note or restock their essentials.

SHINE: Stress Skills | [Caregiver Hub](#) ›

GIVE ADAPTIVE OR SENSORY COMFORT

Giving to others is a happiness habit. Gift a care package, calming tool, or easy-grip tableware.

SHINE: Happiness Habits | [Adaptive Tableware](#) ›

SHOP BRANDS BUILT BY THE COMMUNITY

Take action by supporting disabled founders, like No Limbits, created by and for the community.

SHINE: Inspired Actions | [No Limbits](#) ›

SUPPORT INDEPENDENCE

Help a loved one live with more freedom and connection through a mobility aid or hearing support.

SHINE: Nourishing Networks | [Mobility Aids](#) ›

WEAR THE SUNFLOWER AND OFFER GRACE

Honor non-visible disabilities with patience and a little more time. Many stores offer sensory-friendly hours.

SHINE: Eliminating Challenges | [Sensory Hours](#) ›

BONUS

Plant a Garden for Hope

Practice all five SHINE skills while **you grow**. Plant a garden, put up your sunflower garden sign, and watch Hope take root. As you plant, water, and tend, follow the worksheet to practice each SHINE skill, one at a time, while you grow.

[Sunflower Garden Sign](#) ›

[Back to the Roots Sunflower Seeds](#) ›

[Gardening](#). + [SHINE Worksheet](#) ›

Sample Social Media Caption:

Hope isn't just a feeling, it's an action. Today I Created Sparks of Hope by _____. Tag the people who have been your sunflowers, and be a sunflower for someone who needs one, so everyone has someone. #InternationalDayOfHope #IDOH2026 #BeTheSunflower #LetsShineHope #CreateSparks



WHY THE SUNFLOWERS?

Sunflowers follow the sun and shine their light. And in darkness, they turn toward each other for support. At Walmart, we believe in both: you deserve to shine, and others deserve to shine, too. That is the power of Hope. That is the power of creating sparks so you can Shine Hope, and creating sparks so others can shine Hope. Every Spark below is also a SHINE skill, so you build Hope while you give it. **START HERE:** [Walmart Wellness Hub](#) › | [Adaptive @ Walmart](#) ›



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Walmart
Create Sparks



the
shine hope
company



iFred
shine a light on
disabilities. **HOPE**