



## Sunflowers

Sunflowers make me happy and relaxed, reminding me of never-ending life. Sunflowers symbolise life, vitality, peace and resilience, which is why they are the beloved symbol of Ukraine. The golden-yellow russet coloured flowers move gracefully following the sun all day long and at night they lie dormant and face east for the sun to rise again. Just like us, when they get old they start to slow down. They wait to be harvested or for birds, bees or mini beasts to visit, sharing in the feast of pollen and nectar. The seeds are then dispersed, and life begins all over again.