



what kids need to know about hope



HOPE IS ESSENTIAL TO OUR LIVES.

WHEN KIDS ARE OVERWHELMED OR AFRAID,
FOCUSING THEIR ATTENTION ON HOPE CAN HELP
THEM TO COPE AND THRIVE.

WHAT IS HOPE

”Hope is the belief that circumstances will get better. It’s not a wish for things to get better – it’s the actual belief, the knowledge that things will get better, no matter how big or small”

- Psychology Today



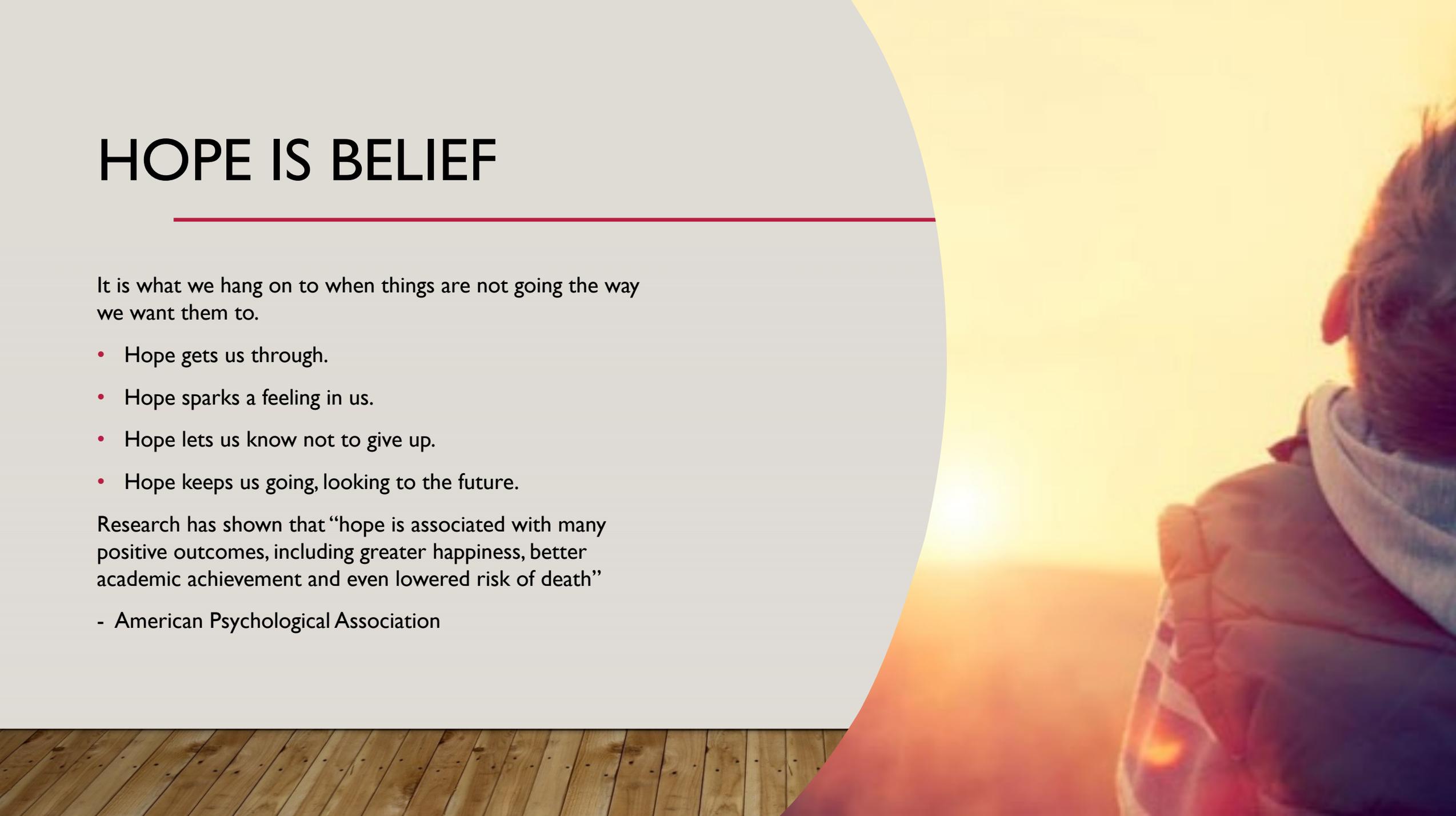
HOPE IS BELIEF

It is what we hang on to when things are not going the way we want them to.

- Hope gets us through.
- Hope sparks a feeling in us.
- Hope lets us know not to give up.
- Hope keeps us going, looking to the future.

Research has shown that “hope is associated with many positive outcomes, including greater happiness, better academic achievement and even lowered risk of death”

- American Psychological Association





HOPE ACTIVITIES



GROW

There is nothing like nurturing a new plant coming up out of the soil to teach about hope. It lets children learn about growth and while this concept may be a bit large for them right now, it is something they will understand as they, themselves, grow in their personal lives. This activity also teaches them that sometimes you have to wait a while and be patient while still having hope for your desired outcome.



GROW

This simple activity has a lot of impact

- Plant seeds that grow quickly (cosmos, marigolds, zinnia and sunflowers).
- Watch them sprout and grow and let them care for the plants.
- You can also decorate the containers



MAKE OR BUILD

Building and/or making is hopeful because it shows kids they can change things by taking what is in front of them and working to turn it into something more ... something better.

MAKE OR BUILD

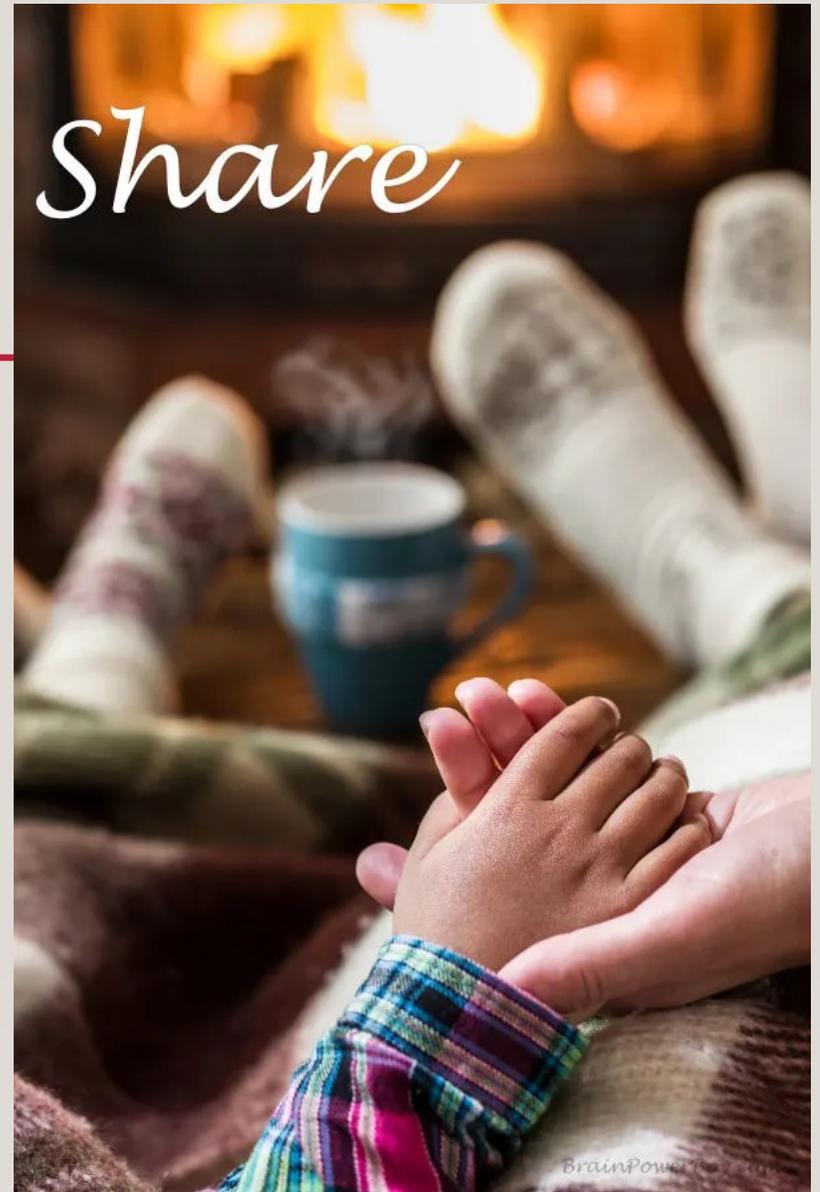
Building or making something takes a collection of materials or supplies and turns them into something else.

- Wood can become a birdhouse.
- Lincoln Logs can become a catapult.
- Cardboard box can become a castle.
- Butter, flour, sugar and eggs can become cool LEGO Cupcakes.



SHARE STORIES

Knowing that others went through difficulty or were afraid, but still believed they would get through it and that things were alright when it was over, lets them see that this is indeed a possible outcome.



SHARE STORIES

Stories of hope can be so helpful to kids. Because it is a story it becomes more memorable.

- Have your mentee tell you about a time when they were uncertain but believed everything was going to be ok and it was.
- You can also tell them a story about your life, where hope played a part.
- Find a book about hope.

Give



GIVE

Giving is related to hope because kids will see that their willingness to give is a gift to others. This allows not only themselves, but others, to have hope for the future.

GIVE

Giving of themselves to others allows kids to see that they are powerful and can make a difference.

- Have your mentee pick a person or a charity that they would like to help.
- Begin by having them think of a simple idea they could do and help them make it happen.
 - For example, if their brother has been feeling sad or scared lately, get them to think of what they could do to for him. Maybe they could make him a card, say something kind, or play a game with him to help him feel better.
 - Or, if they hope that that other kids don't go hungry, perhaps they could do a few chores around the house, buy some canned goods and donate them to the local food pantry.



REACH FOR GOALS

Hope for the future isn't the same as wishing.

Hope has action behind it. It is not just wishing things would get better but actively doing something to help make that so.

REACH FOR GOALS

Setting a reaching for goals is a big predictor of future success and this relates to hope.

- Set small goals and plot out steps to take in order for them to complete it.
 - Make it achievable
 - Help them stick with it by giving them tools needed to do what they want to do.
 - Be their gentle and helpful guide.
 - Be sure to celebrate when they achieve their goal!

CONNECT

Connecting with others who have hope shows kids that people they actually know are hopeful. It gives them good real-life examples of hope and helps them to learn to model hope in their own lives.

Connect



CONNECT

One thing that gives us hope is being around those who are hopeful. Spending time with people who have a positive outlook, are happy, and enjoy their lives is key.

- Have your kids make a list of people who have a good attitude.
 - Ask them questions like “why do you think Mary is so happy?” “What makes grandpa so hopeful?” “What hopes do you think our friend James has for his new business?”
 - Then have them connect with those people.
 - They can write them a letter telling them what they like about them. Or, they can jump on a phone call and have a short chat together. Have them ask a few questions about the person’s hopes for the future.

*Be
Grateful*



BrainPowerBoy.com

BE GRATEFUL

Being grateful teaches kids that they have a reason for hope. It shows them that they have more than they thought possible already. Once they know this, they are able to focus toward hope for the future.

BE GRATEFUL

There is nothing that is more important to hope than gratefulness. You cannot be hopeful if you are not grateful for what you already have.

- Start a hopefulness journal and have your mentee write down things they feel hopeful toward or things that they hope will happen.
- Writing it down helps to make it more real. It sets their minds in motion and helps them think of possibilities.
- It helps to cement their hopes and their dreams and move them on the path to reality.

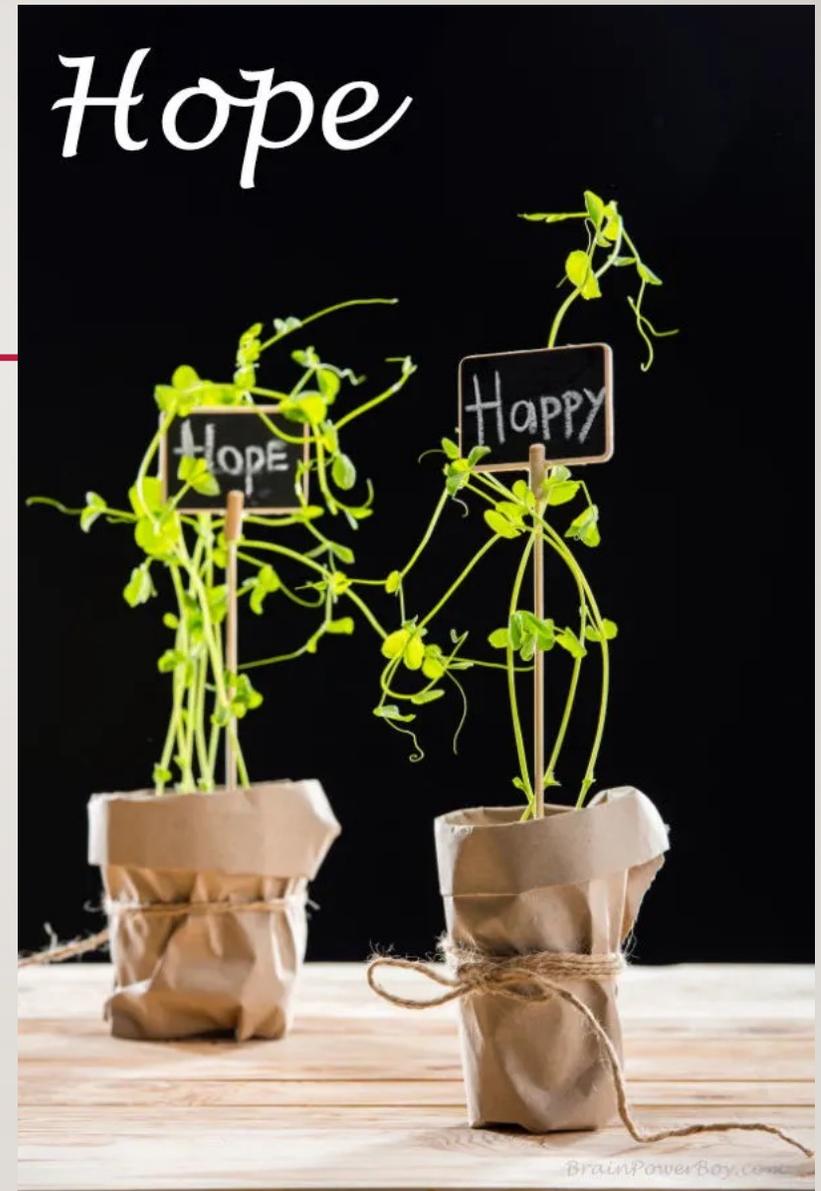


HOPE SPRINGS ETERNAL

Hope is important for all the reasons mentioned above. It gives us a belief that things will get better.

It teaches us that we can:

- nurture things
- make something new from very little
- share our stories and learn from others
- give of ourselves
- reach for our goals
- connect with hopeful, positive people
- be grateful and
- act to make the future a brighter place for ourselves and others



REFERENCES

- Sheila Rogers – “Activities to Help Kids Have Hope and Change Their Lives”