

# Hope Box



## Alberta Education Health and Life Skills Program of Studies Outcomes

The student will...

- R - 7.1 Analyze how thinking patterns influence feelings, e.g., positive thinking, all or nothing thinking, overgeneralization, perfectionism.
- W - 7.10 Identify and examine potential sources of physical/emotional/social support.
- R - 7.2 Analyze the need for short term and long term support for emotional concerns, e.g., family, friends, schools, professionals.
- L - 7.5 Create a personal port-folio showing evidence of interests, assets, and skills, e.g., certificates of participation.

## Teacher Background

Hope may be viewed as a human need that is capable of transforming a person's life. Hope enables people to look to the future and willingly participate in the journey. Hope is a positive feeling as well as a verb. Without hope, moving forward can feel frightening or sad. Helping students explore the concept of hope can help them gain a new perspective, think of other possibilities, and create positive feelings. Hope enables goal setting. Envisioning and naming a future is one of the first steps to goal setting. Individuals that are connected to their hope are better able to visualize a positive future, work towards goals, and build resilience.

## Objectives

- To identify and relate to objects, symbols, and/or individuals who influence their hope.
- To use their Hope Box when their hope is being challenged.
- To understand that hope changes over time; therefore, the contents of their Hope Box will change and build over time.
- To be open to new hopes, recognizing at the same time that past hopes continue to inform present hopes.



## Materials

- Shoe box
- Tissue paper
- Art supplies – stickers, markers, glue, scissors, etc.
- Paper

## Get Ready

- Hope is the ability to desire something and expect that it will happen or be obtained. Hope is experienced and viewed differently by each of us.
- We are going to draw one picture of a symbol of hope today. Ask the question: *“What picture or symbol comes to mind when you think about hope and what it means to you?”*

## Activity 1: Hope Box

- Have students take their shoe box and various art supplies. Ask them to close their eyes and think about “what does hope mean to them”.
- On a piece of paper, ask them to draw a few of their favorite activities, symbols, images that represent hope to them. This is a brainstorming activity to get them ready to create their Hope Box.
- Encourage students to decorate their Hope Box using their art supplies to represent “Hope” through various colors, symbols, interests (ensure that you can open the lid to your box so that items can be placed in the box).

## Activity 2: Symbolizing Hope

- Ask students to think about the word hope and how they might create a drawing to illustrate their hope. Ask, *“What pictures or symbols come to mind when you think about the hope and what it means to you? Draw a symbol to represent what hope means to you at this time.”* Encourage students to do this activity independently and without talking to each other. Tell students how many minutes they have to do this activity.
- This activity encourages students to search within, and to connect to, what they know about hope. This creative and reflective experience can provide a starting point for uncovering and discovering hope.
- When the drawing time is over, ask students to place their drawing inside their Hope Box.

## Activity 3: Reflection

Ask students to reflect, with a written paragraph, about why they chose to draw the symbol that they placed inside their box and why it represents hope to them.

## Conclusion

Today, we have talked about hope. Exploring hope can help us be positive about our lives and look forward to the future. We have created our own Hope Kit that represents our hopes and dreams for the present and the future.

## Take Home Activity

To broaden the students' awareness of hope in their lives, ask students to go home and find an additional 3 objects/pictures that represent hope to them and place them in the box.

A template for a letter to parents is provided.

Students may wish to continue adding to their Hope Box over time.

## Assessment Strategy

Students will demonstrate an understanding of hope by:

- Completing a drawing that illustrates their hope,
- Completing a written paragraph that shows their connection to hope through the symbol, and
- Identifying additional objects / pictures that shows their continued understanding of their own hope.

## Reference

Hope Foundation of Alberta. 2008. *Nurturing Hopeful Souls: Hopeful Practices and Activities for Children and Youth*. [www.ualberta.ca/hope](http://www.ualberta.ca/hope)