

Hope Suckers



Alberta Education Health and Life Skills Program of Studies Outcomes

The student will...

- R - 8.1 Describe characteristics of persistent negative feeling states, e.g., depression, mood disorders.
- R - 8.5 Develop strategies for maintaining healthy relationships.

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 new perspectives, think of other possibilities, and create positive feelings. Although hope can be challenged or taken away, understanding “hope suckers” enable us to be able to respond and deal with them more effectively.



Objectives

- To identify a situation that diminishes or depletes our hopes
- To describe through words how “hope suckers” can affect our thinking, feeling and behaviour
- Recognize and accept that it is okay to feel this way when our hope is challenged and how we can turn to our hopes to help us.

Materials

- Computer/screen/speakers for teacher and students
- Pen
- 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 listen and watch a music video that shows us how people may think their hope is being challenged and how to overcome it.
- As a group, brainstorm various situations, experiences and other factors that have challenged our hopes. What are some of your feelings that are associated with the loss of your hope? This has been labeled as a “hope sucker”.
- Create a web with hope as your focus. Discuss how these hopes can be diminished (“hope suckers”).

Activity 1: Imagine

- The teacher will go to the website: <http://www.ok2bblue.com/MusicVideosHope> or www.youtube.com. Search term “Glee-Imagine” to access the video “Imagine – an Inspirational Video, Youth Supporting Youth”. Together, the class will watch the video.
- As a group, you will discuss the following questions:
 1. What do you think was the “hope sucker” at the beginning for the Glee members?
 2. What do you think represented hope for the choir singers?
 3. How did the choir singers help the Glee members understand that there is hope?
 4. Can you think of any times when your hope was challenged? What did you do to find hope in the situation?

Activity 2: Hope Suckers

- Students will find a partner and together they will begin to brainstorm various “hope suckers” that can occur in life. Sometimes “hope suckers” can lead to depression or other mental health issues.
- Students will search for various songs that represent “hope suckers” by going to the website: <http://www.ok2bblue.com/MusicVideosHope>
- The pair will choose one of the “hope” videos and explore what is the meaning of hope and if there was a “hope sucker”.
- Students will write an inspirational quotation that represents the hope seen in their video, e.g., *“Although the world is full of suffering, it is also full of hope for overcoming obstacles and challenges.”*

Take Home Activity

To broaden the students' awareness of hope in their lives, students will share their song and inspirational quotation with their parents. They will explain the meaning of the song that they explored and how it impacted them.

A template for a letter home to parents is provided.

Assessment Strategy

Students will demonstrate an understanding of hope by:

- Completing an inspirational quotation
- Participating in a group discussion that helps to identify various aspects of “hope suckers” and hope
- Identifying one way that hope helps them overcome their challenges

Reference

Hope Foundation of Alberta. 2008. *Nurturing Hopeful Souls: Hopeful Practices and Activities for Children and Youth*. Retrieved from: www.ualberta.ca/hope