

HOPE IS A BELIEF.

It is what we hang on to when things are not going the way we expected or when times are tough.

It gets us through.

It gives us that glimmer that we simply can't ignore.

It sparks a feeling in us.

It speaks to us and lets us know we shouldn't give up because change can and will happen.

It keeps us going.

It helps us look to the future.

GROW SOMETHING

SEEDS AND BULBS REPRESENT HOPE.

Plant some seeds in a flowerpot and hopefully plant them in the spring.

Watch the seeds spout and grow.

Plant some bulbs in the ground and watch them grow in the spring.

There is nothing like nurturing a new plant coming up out of the soil to teach about hope. The seed is hope for a flower, tree, or vegetable. Growing plants from seeds shows you that sometimes you have to wait a while and be patient while still having hope for something you want.

MAKE OR BUILD SOMETHING

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

A stack of wood can become a birdhouse to feed the birds in the yard.

A pile of Lincoln Logs can become a catapult.

Paper and some paint can become a beautiful piece of art.

An old cardboard box can become a castle.

A worn tire and some rope can become a swing.

A bit of dirt and some plastic dinosaurs can become a fairy garden.

Fabric and thread can become an amazing shirt.

Butter, flour, sugar and eggs can become cool cupcakes.

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

GIVE

Giving of yourself to others allows you to see that you are powerful and can make a difference.

Pick a person or a charity that you would like to help.

Begin by thinking of a simple idea you could do and get an adult to help you make it happen.

For example, if your brother or sister has been feeling sad or scared lately, think of what you could do to for them. Maybe you could make a card, say something kind, or play a game with them to help them feel better.

Or, if you hope that other kids don't go hungry, perhaps you could do a few chores around the house, buy some canned goods and donate them to our Blessing Box at church.

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

REACH FOR GOALS

Set a small goal and then plot out steps to take in order for you to complete it.

Make it achievable.

Start with a simple goal and come up with the steps you need to take to make it happen. Then figure out *when* you are going to do each step. You might need someone to help you with reaching your goal. Ask a brother, sister or parent to help.

Be sure to celebrate when you achieve your goal!

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.

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 write down things you feel hopeful toward or things that you hope will happen.

Writing it down helps to make it more real.

Being grateful shows us that we have a reason for hope. It shows you that you have more than you thought possible already. Once you know this, you are able to focus toward hope for the future.

HOPE IS FORWARD LOOKING.

HOPE IS A POSITIVE, OPTIMISTIC OUTLOOK FOR YOUR FUTURE.

HOPE HELPS US COPE WITH LIFE WHEN THINGS GET DIFFICULT.

**HOPE PROVIDES A HEALTHY WAY FOR US TO LIVE AND HELPS US
TO BE HAPPIER AND HAVE A MORE MEANINGFUL LIFE.**