



Spending time with Hope

Create or find something which
makes you feel hope about the world,
future, your life

Notice all you are grateful for and use
this to discuss or create

Helping our brains to notice hope and
practice gratitude helps our mood through
difficult times

Ideas for hope and gratitude:

Draw a hope image

Draw or write everything you are grateful for

Create a collage

Make a sculpture

Note good news stories

Find a statement or saying

As a family discuss every day something that you are
grateful for and something that gives you hope