

Promoting Hope in the return to school

Miss Tinks
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 Miss Tinks – Growing Minds  Miss_Tinks  Miss Tinks
 misstinks_official  Abby Lamb

The Science

Research indicates that hope significantly increases (and positively correlates with) psychological well-being and coping in the face of adversity. Higher levels of hope are strongly related to a better capability to cope with change – an important skill during these uncertain times.

Teaching

Resources: A short, child-friendly version of Noah's Ark or a similar story about adversity and the importance of hope.

Begin by discussing why it is important to have hope when we are faced with challenges. Sometimes the challenges we face feel really difficult, but the important thing is stay hopeful as best we can and to talk to a friend or trusted adult if we feel we are losing hope.

Sometimes talking to people who are still feeling hopeful can help us feel hopeful – or we can talk about remaining hopeful to a friend who seems down. Remind the children that it's important to tell their teacher or another trusted adult if they are worried about how they or someone they know is feeling.

Read part or all of Noah's Ark so that children can understand the context of the story and the hope that Noah and his family had to have ahead of and during the big storm. Explore relevant questions around the story e.g. for Noah's Ark. Examples may include:

- How do you think Noah, his wife and family felt feeling trapped inside the Ark for over 40 days?
- How do you think they kept busy?
- How do you think they stayed hopeful?

Discuss the meaning of the rainbow at the end of the story.

Reflection Question: Can you think of a time when you faced something tricky and weren't sure how it would turn out, but you managed to stay hopeful?

Activities

These are ideas to use with a whole class or group – differentiate according to year group, age and ability/interest.

- Make a small charm, bracelet or necklace that is a symbol of hope
- Make a dream catcher.
- Find or create images of hope and make a group or class collage, in the shape of the word HOPE, for example, images of sunrises, birds flying, flowers blooming etc.
- Research songs about hope and sing or dance to them together.

