

Our 9 Habits at Home KS1&2

All about the habit of being hopeful.

1. Make

Collect up lots of different wrappers. Cut out the letters from the wrappers and then use them to spell words that you think of when you think about the word hope. For example, 'possible' or 'yes'. You could use some glue to stick these onto a piece of paper so that you have a collage of hopeful words.

2. Write & Dress up

Write a speech about '**In my perfect world**'.

When you have written your speech, set up a podium and invite the people you live with to come and listen to your speech. You might like to dress up really smartly as if you are a Prime Minister. At the end of your speech, ask your 'audience' if they have any questions.

3. Imagine and make

For this activity you will need a large piece of paper or the side of a cardboard box.

Using a felt tip pen, draw a birds-eye view of the street that you live on so that you make a map of the place you live. Then draw on all the things you would love to see in your community – more trees, more birds, litter free, singing, happy faces, fewer cars etc.

4. Create

You will need a piece of plain paper for this piece of artwork. In the middle of the paper draw a circle and inside the circle write the words 'I'm grateful for...' Then, like the rays of the sun, write all the things you are grateful for. These can be small and big things. Use pencils or paints to complete your artwork. Talk with a friend about what you have included in your work and ask them about what they have done.

5. Do

This week take responsibility for looking after a plant in your house or garden. You could even plant some seeds in a pot and keep them on a windowsill so that you can keep an eye on them.

Our 9 Habits at Home KS3&4

All about the habit of being hopeful.

1. Watch and Reflect

'Just Mercy' is a movie based on the life of Bryan Stevenson, a young lawyer who heads to Alabama having graduated from Harvard to defend those who've been wrongly condemned or unable to afford a lawyer. One of his early cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence.' Adapted from Google summary.

Watch this trailer of the movie 'Just Mercy'.

<https://www.youtube.com/watch?v=fbWiCPx99rs>

What do you learn from what you have seen about what hope is?

2. Read & Reflect & Write

People who are hopeful are magnetic. They have a **centripetal force**, drawing people in and passing on a sense of hope for life and a belief that whatever it is we are facing it can be changed and overcome. But being hopeful doesn't just come about by accident. It takes practice. It is a way of thinking and it is about choosing to work for what is possible. It is about having a goal in mind and a way to set about achieving it. Hope refuses to sit still. So, if becoming like this takes practice and intention, what can we do to make being hopeful an integral part of who we are everyday?

3. Create

You will need a piece of plain paper for this piece of artwork. In the middle of the paper draw a circle and inside the circle write the words 'I'm grateful for...' Then, like the rays of the sun, write all the things you are grateful for. These can be from the seemingly smallest thing all the way to the biggest thing. Use pencils or paints to complete your artwork. Talk with a friend about what you have included in your work and ask them about what they have done.

4. Write

Write responses to these questions:

- If you were able to change one thing in someone's life today what would it be?
- What are some of the words and phrases you associate with being hopeful?
- What would a life lived full of hope look like to you?
- What would your next step be if you knew that you couldn't fail? What are the things stopping you from taking that step? Who can help you take that next step?
- What is your deepest fear? What is your deepest hope? Are they connected in any way?

5. Draw & Consider

This quote from Nobel Peace Prize Winner, Muhammed Yunus, 'You can only build what you can imagine,' is a declaration of what hope is. Create a landscape drawing of your community where things are all shaped by and built on hope.

What differences do you notice in what has been highlighted in your drawing and what you see in your community currently. What part can you play in bringing greater hope in your community?

