

Core self: Instil a sense of hope

Approximate time: 20 minute tutor time session

Materials: Hope clouds Handout 1 /PC or tablet

Aim/outcome: To encourage students to have aspirations and dreams

Explanation:

Using Hope Clouds ask students to fill out Handout answering the following questions:

- What would make school a better place?
- How could your neighbourhood be a better place to live?
- If you had three wishes what would they be?
- What steps do you need to take in order to make those wishes to happen?
- What achievements are you proud of?
- When something negative has happened, what positives came out of the situation?
- Go through handout with the class and ask them why would they think that having aspirations and dreams would help them feel more resilient and able to cope with life's challenges?

Expansion activity:

Print off and discuss Martin Luther King's speech – what did he dream, what were his hopes, what did he believe was a better future?

One-to-one:

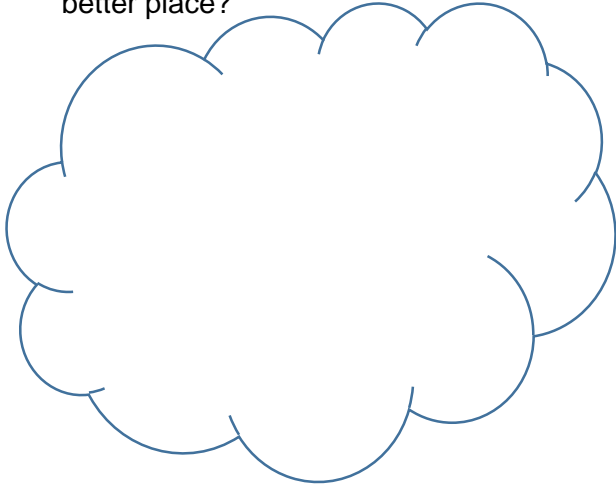
Encourage the student to fill out the handout and discuss their answers with you.

Students say: Be aware that some students may feel stuck and in despair and have no dreams. They can lack confidence in the ability to change things, what they believe they deserve and can achieve. Their own beliefs may be stopping them from achieving. Make this exercise fun while being sensitive that some students might find this exercise challenging.

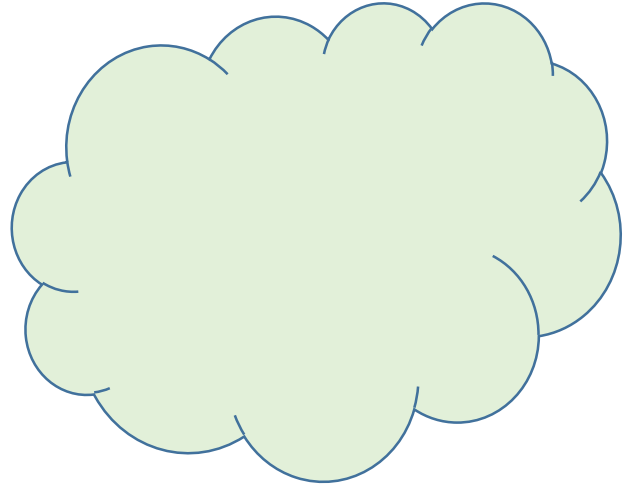
Hope clouds handout

Fill in the clouds answering questions about your aspirations

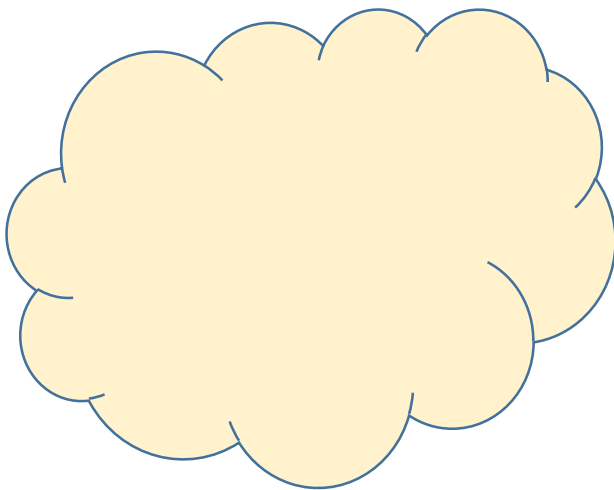
What would make your school a better place?



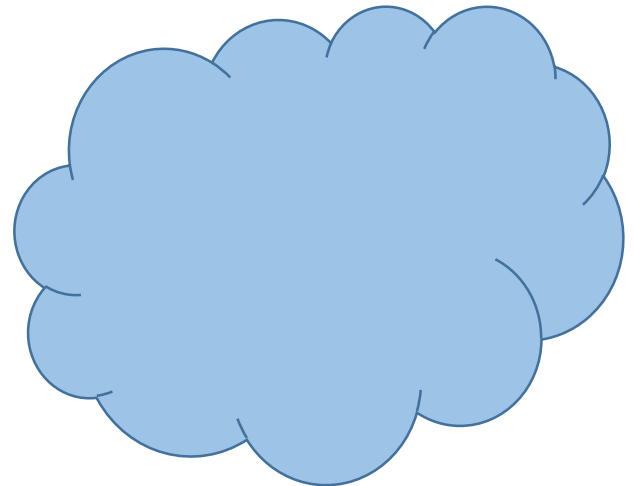
How could your neighbourhood be a better place?



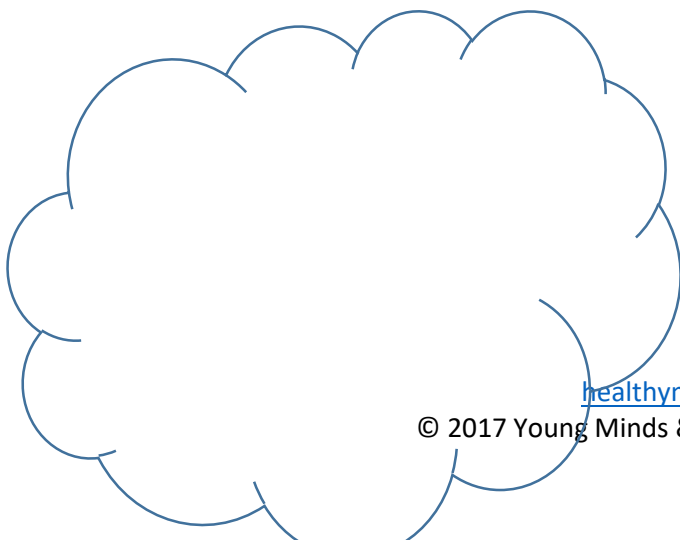
If you had 3 wishes what would they be?



What steps do you need to take to make those happen?



Which achievements are you proud of?



Name a time you were nervous to do something and it turned out better than expected?

