

Hope Tree: Community Experience



Alberta Education Health and Life Skills Program of Studies Outcomes

The student will...

W – 9.11 Use personal resiliency skills, e.g., seek out appropriate mentors, have a sense of purpose, have clear standards for personal behaviour.

R – 9.1 Identify appropriate strategies to foster positive feelings/attitudes.

Teacher Background

Hope may be viewed as a human need that is capable of transforming a person's life. Hope enables people to look to the future and willingly participate in the journey. Hope is a positive feeling as well as a verb. Without hope, moving forward can feel frightening or sad. Helping students explore the concept of hope can help them gain new perspective, think of other possibilities, and create positive feelings. Hope enables goal setting. Envisioning and naming a future is one of the first steps to goal setting.

By creating messages of hope for others based on our own experiences, we will be able to give others hope.

This is an excellent project to start at the beginning of December. You will want to find a place that is in need of hope – perhaps a Long Term Care Facility, Child Care Facility or another class within your school (for instance a grade 3 class).

Objectives

- To create a repertoire of hopeful quotations for others.
- To understand that sometimes we have to make a conscious decision to act in a hopeful way to enhance our own hope for the present and the future.
- To realize that we can influence other's hopes by creating a visual representation of our own hopes.

Materials

- Artificial or small silk tree
- Construction paper
- Scissors
- Markers
- Template of leaf shape
- Yarn to hang the leaf
- Hole punch to make a hole in the leaf for the yarn



Get Ready

- Discuss situations where we have not felt hopeful and how we can turn things around ourselves or with the help of others.
- Think about people that may need to see messages of hope when it is close to the holiday season.
- Discuss some “hopeful behaviours” that we can share with others.

Activity 1: Messages of Hope

- Ask students to think about the word hope and how they might create hopeful messages to inspire others.
- These messages might be words of encouragement, symbols, pictures, etc.
- Students will create 2 messages and put on the leaf template provided.
- Hang the leaves on the hope tree.

Activity 2: Community Activity

- Over the next few weeks, organize an opportunity to integrate community service and hope-filled practice with a community.
- Take your students to your chosen community and share their hope messages/tree.
- Have the students take a blank leaf template to complete with their “new acquaintance”.
- You may choose to leave the hope tree with the community.

Conclusion

We have explored hope with others and have created a symbol of hope within their community.

Take Home Activity & Follow Up Classroom Discussion

To broaden the students' awareness of hope in their lives, have student complete a one page written reflection on how the community service activity impacted them.

A template of a letter home to parents is included.

Students will share their reflections.

Assessment Strategy

Students will demonstrate an understanding of hope by:

- Completing a leaf that portrays a message of their hope
- Participating in a group setting that helps them to discover another person's hopes

Reference

Hope Foundation of Alberta. (2008). *Nurturing Hopeful Souls: Hopeful Practices and Activities for Children and Youth*. Retrieved from: www.ualberta.ca/hope

Date:

Dear Parents:

As part of our lessons on mental wellness, we are examining the concept of hope.

Hope may be viewed as a human need that is capable of transforming a person's life. Hope enables people to look to the future and willingly participate in the journey. Hope is a positive feeling as well as a verb. Without hope, moving forward can feel frightening or sad. Helping students explore the concept of hope can help them gain new perspective, think of other possibilities, and create positive feelings. Hope enables goal setting.

Your child has created a leaf with a picture or message of hope. After completing the leaf, they will have an opportunity to share their hopes with others.

Thanks,