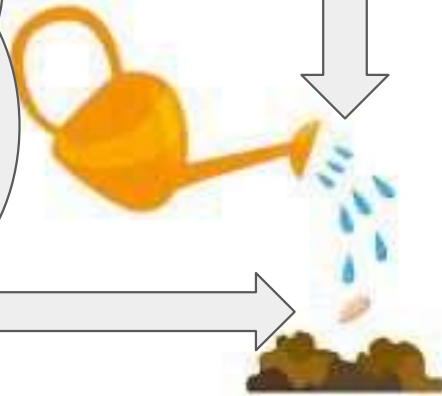


Hope

1. what "seed" are you planting? what is the thing you hope for?

2. How can you help your seed grow? what are some things you can do to help your hope or wish to take root and grow into something real?

3. List some things you can say to yourself to encourage yourself or stay positive along the way while you wait for it to blossom.





Hope is like a bright light inside you that helps you believe good things can happen, even when things seem tough.

One way of thinking of hope is this: Hope can be like planting a tiny seed in the ground; even though you can't see it growing right away, you believe that with care and time, something beautiful will eventually bloom.

Directions: Think of something that you hope for. This could be big or small. It could be to learn a new skill, or it could be that you hope for something bigger than you- like for people to care for the Earth.

Answer the questions in the bubble. Plant your seed of hope, brainstorm what you can do to help it grow, and think of some words to tell yourself to remain positive and hopeful while you wait for your idea/wish to grow and blossom.