



Hope and Positivity:

Hope as defined in the Cambridge English Dictionary is “to want something to happen or to be true, and usually have a good reason to think that it might.” Hope is something we strive for or wish for. This activity sheet has three tasks to choose from to allow us to think further about hope and positivity. Get creative and get busy. Remember, poetry doesn’t need to rhyme it doesn’t need to be brilliant. Let your words spill out and see what happens!

1. Word Cloud:

Have you ever seen a word cloud? Here are some!



What words do you think of that link to the word hope? Write as many as you can. If they are important to you – you can make them bigger or brighter or write them more than once. Grab your coloured pens and put them all together in your own word cloud!

2. Poem or Creative Writing choice:

Write a poem or short story about hope or positivity. No more guidelines than that. A poem doesn’t need to rhyme, but it can. Let your pen take you wherever it wants to go!

3. **HOPE** - You can write a poem where certain letters in each line spell out a word (This is called an acrostic poem!!). This could be the first letters of each line are used to spell the word, but the word could appear hidden in the poem.

Using the letters **H O P E** as sentence starters – can you write a poem on hope. A template is below but you can make your own.

Hope you have fun with these – we would love to see your work @ResRutland @BrookeHill_ELSA.

Resilient Moves: The Resilience Framework for Children and Young People (October 2012 adapted from Hart and Blincow with Thomas 2007) contains 42 different resilient moves. This is an everyday action that research and evidence has shown us can build resilience. By sharing resilient moves we will share a common language and ideas to build resilience. This is important now even more than ever.
<https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>



Thank you @boingboing, @youngminds, Headstart Resilience Revolution @HSBlackpool for sharing resources & inspiration for Resilient Moves. Dr Pooky Knightsmith for her resources, courses & getting us thinking @PookyH. **Lyn Harte & Paula Reeves 2020**

A poem about HOPE:

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P

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