



HOPE ACTIVITY

Takeaway

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1. Teaching stress skills

Stress Skills are tools that kids can use to manage and handle stressful situations by addressing their body's natural response to external stimuli. One of the valuable stress skill is Deep Belly Breathing, which involves taking slow and deep breaths for a minimum of 90 seconds. Helping kids grasp the significance of this duration is crucial, as it's the amount of time needed for their bodies to relax and regain composure after being emotionally triggered.

2. Supporting happiness habits

Positive feelings play a vital role in nurturing a hopeful mindset and motivating kids to pursue their goals. As parents, we can support our children in cultivating these positive emotions by engaging in happiness habits, such as expressing gratitude, going for walks outdoors, playing games and spending quality time with loved ones. Encouraging activities that bring happiness to your child's heart can contribute to their long-term well-being and contentment.

3. Prioritizing inspired actions

Inspired actions are purposeful strides taken towards achieving goals, to motivate your child to establish their own aspirations. Teach them that encountering obstacles along the way is natural, and sometimes the original goal may need adjustment, which is perfectly fine. Encourage them to embrace these challenges, adapt and seek assistance when needed. If a goal feels overwhelming, break it down into smaller, manageable tasks by using step-by-step progression or creating micro-goals.

4. Creating nourishing networks

Hope Network consists of individuals whom your child can rely on when they feel lonely or overwhelmed, providing encouragement and support. It is crucial for your child to be able to recognize at least one person in their life with whom they feel safe opening up to during times of distress. Collaborate with your child to identify trustworthy individuals both at school and at home, and jot down their names on paper or draw them in a art journal as a reminder that they have a support system and people to turn to when they feel isolated.

5. Draw a hope map

Using any art supplies - sidewalk chalk is fun in a big space - to create a "map" of hope. It can include safe spaces, safe people, detours and obstacles, and of course the end goal or treasure chest! How will they feel when they arrive at the goal?