



## LESSON 5 WORKBOOK

### Activity

- 1) Write some of the things you are passionate about on your Hope Sunflower.
- 2) Journal about different paths you could take in your life based on what you love to do. Dream about how it might be to pursue these passions. Think about how it would feel, where you would live, and who you would be surrounded by.

### Questions for Students

- 1) What hope tools have you tried out so far? How did they help you?
- 2) Why is hope important for us?
- 3) In what part of the brain does hope happen?
- 4) Does thinking about what you enjoy help guide you in deciding what your purpose is?

### Additional Teaching Tools

\*The following list of stories and activities are recommended to enhance student learning, experience, and to encourage and promote further discussions related to each lesson's content. Please choose what fits best for you, your students, and classroom environment. You may locate the resources listed below from the provided book *Chicken Soup for the Soul in the Classroom*.

#### Stories

p. 270 *Be Yourself*

#### Activities

p. 39 Three Wishes

p. 40 Winning a Million Dollars

p. 368-369 Things You Like About Yourself and Things You Like To Do

p. 374-375 Self-Awareness Activities

p. 376-377 What Do You Think?

p. 378 Who Am I?

p. 382 Sample Time-Line for What You Want to Do in Your Life

p. 384 Treasure Map of What You Want to Have, Do, or Be



