



LESSON 12 WORKBOOK

Activity

Plant sunflowers!

By planting, we are sharing our hope.

Write an encouraging note that will be given to a student in the fall. Tell them how to have hope and why to have hope. Say something that encourages them to use their hope tools.

By giving your message, you are helping someone else have hope and sending a reminder that there is another person who cares. Helping others makes us feel good about ourselves.

- Giving to someone makes us feel happy.
- Giving connects us with other people.
- Giving often brings feelings of gratitude.

Your message and your sunflowers will bring joy, comfort, and HOPE to someone else.

Additional Teaching Tools

*The following list of stories and activities are recommended to enhance your student's learning and experience. 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*.

Activities

p. 360 Warm Fuzzies

p. 357-358 Spreading Acts of Kindness

