

## Activity

Last spring, other students planted these sunflowers for you and wrote you hope messages. Sunflowers will be our symbol for hope. A symbol is usually a picture that reminds us of something.

By planting these flowers for you, the previous students are reminding you to always have hope. Sunflowers=Hope. Sunflowers grow from a seed into a beautiful flower. Each flower gives new seeds to plant more sunflowers.

We can be reminded of hope when we see them and we can share our hope with others. We are going to harvest the sunflowers and read our messages from the previous students now. Please see Curriculum/Teacher Resources on [schoolsforhope.org](http://schoolsforhope.org) for instructions on “Harvesting Sunflowers”.

### **Teacher Prompt:**

1. Hand out notecards from previous year for students to read if available.
2. Harvest sunflower seeds and place in plastic bag. Store in a cool, dry place for spring planting.

If the sunflowers bloomed, have the class pick the blooms and harvest the seeds from the sunflowers. They can store these sunflowers in an airtight container for planting in the spring, thus completing the cycle of life. If not, simply use it as a discussion point as described in the note below.

**NOTE:** If you did NOT plant sunflowers the previous year, or do not have cards from the previous year, simply use this time for further discussion on HOPE. You can also share a message for Hope provided by celebrities from our website at [ifred.org](http://ifred.org), or go into the activity in greater depth.

If you did plant, and the sunflowers from the previous year died, it is a chance to bring up why you are teaching hope in the first place; that learning how to deal with loss (sunflowers dying), finding solutions to challenges (planting seeds to harvest), and generating messages of Hope (sometimes must come from within) are all important factors in having and maintaining hope. It can also lead to additional points throughout the lesson plans as you see applicable.

## Additional Teaching Tools for Lesson One

\*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*.

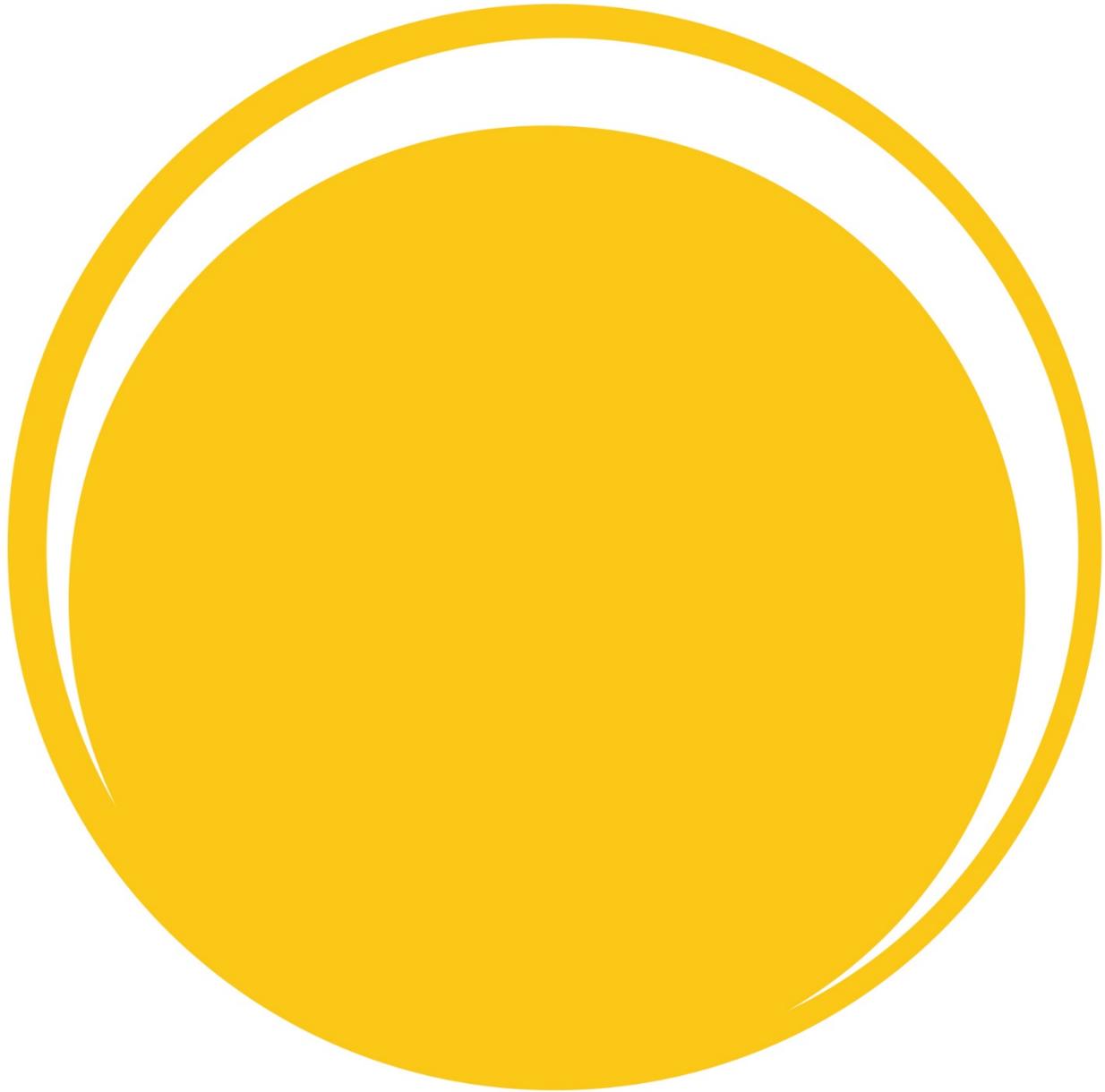
### Stories

Discouraged? p. 263



## Center of Classroom Hope Sunflower, Lesson #1

Our Classroom Definition of Hope:



# Hope Sunflower

