

Activity

On your Hope Sunflower, write a reminder to yourself about when you want to use one of these hope tools and which tool you want to use.

Teacher Prompt: Please pass out a Journal Question sheet to each student. Students should hold on to these sheets to reference for lessons 4-6. You may also write the journal questions in front of the class. Students may use a spiral notebook or other sheet of paper to write down their responses.

Use Journal Questions sheet to write about three things you are grateful for and three positive events that have happened in your day.

Additional Teaching Tools for Lesson 4

*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. 99 *Did the Earth Move for You?*

p. 111 *The Power of Attitude*

Activities

p. 15-17 Creative Activities

p. 41 Things I'm Thankful For

p. 185-186 Here I Am

p. 315-316 Mirror Exercise

Journal Questions

Students may use a spiral notebook to write down their journal responses to the following questions.

Lesson Four: How to Create a Hopeful Mind

What are three things you are grateful for?

What are three positive things that have happened in your day?

Lesson Five: Hopeful Purpose

Different paths I could take in my life based on what I love to do are:

What it might be like to live out my passions:

The way I might feel pursuing my purpose and passion is:

Where I might live if I pursue my purpose and passion is:

I would be surrounded by: