

# Hope

## WHAT IS IT?

A cognitive thinking approach that includes setting **goals**, cultivating **pathways** to achieve those goals and a sense of **self-belief**.

## WHY IS IT IMPORTANT?

Hope is consistently related to better **mental health, physical health** and **academic outcomes**.

## HOPE IS LINKED TO...

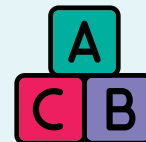
- More **life satisfaction**.
- Better **psychological wellbeing**.
- Stronger **friendships**.
- Increased **creativity**.
- Increased problem **solving skills**.
- Greater **academic achievement**.
- Lower levels of **depression**.
- Decreased **behavioural problems**.

### GOALS



The ability to set **realistic** and **achievable** goals.

### PATHWAYS



Finding **workable routes/solutions** and being okay with having to find a Plan B, Plan C, etc.

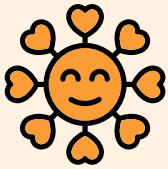
### SELF-BELIEF



Believing in your **ability to be able to achieve set goals**. Self-belief is linked to knowing your character strengths.

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## HOW CAN WE CULTIVATE HOPE IN STUDENTS?



### Gratitude

**Focusing on the positives.**

- Identifying what aspects of the current situation are **working to their advantage**.
- Share “**Good News**” stories with your students.
- What are you **looking forward to**?



### Empathy

**Increase self confidence through shared success.**

- Partner work to **help each other out** in achieving a common goal.
- **Smile** and make **regular eye contact** with your students.



### Mindfulness

**Maintain focus by...**

- 5 finger **breathing exercise**.
- 5, 4, 3, 2, 1 – See, touch, hear, smell, taste.



### Emotional Literacy

**Increase self-confidence and self-belief.**

- “Who Am I?” game to **identify character strengths** that can be used to achieve the goal.
- Positive **pep talks** – I can do this.
- Reading books and sharing stories of **hope** and people **overcoming adversity**.
- Foster two-way friendships where you can **give and get advice**.