

Teachers note

For this lesson you will need

- Big A3/A2 Paper that students can write on (Poster Paper)
- Felt tip pens
- An outline of a person/gingerbread person
- Youtube (link in powerpoint)
- Post-it notes
- A4 Paper

There are probably more activities than needed in here, but better too many than not enough! Any questions? kira.gent@monkseatonmiddle.org

Being Hopeful and looking forward

Today we will be;

- Considering what we are grateful for following the COVID19 outbreak
- Describe what is important to us
- Explain what we are looking forward to and are hopeful for

The last few months have been very difficult for a lot of us for very different reasons.

On one or as many post it notes as you want, write down what has been difficult for you.

Nobody has to see this but you.

What does the word grateful mean?

Each of you have a different colour pen at your table – this is your colour, it represents you at your table.

You have 1 minute to write down as many words you think are linked to the word grateful.

Now, go around your table and look what your peers put. Tick what you agree with, and put a star next to what you want to ask a questions about. When you have all done this, discuss any stars.

As a table, now agree a definition for what you think grateful means.

On your table there is an outline of a person

This person represents you. Inside it, write down all the things you are grateful, or thankful for.

[Extension: What are you most grateful for? Why?](#)

What is important to us?

Now that we have thought about what we are grateful for, we can think about what is important to us.

In your pairs, label yourselves A and B.

A goes first – tell your partner for 1 minute (you can't stop!) what is important to you.

B – now its your turn – talk for 1 minute. If you have similar things, then explain why these are important to you, and why you agree.

Going forward

Thinking about what we are thankful for, and what is important to us, we can now think about how we can look forward into the future and be hopeful.

Watch the video – this video makes me feel hopeful.

<https://www.youtube.com/watch?v=c8aFCHFu8QM>

Why could this make me feel hopeful? Write down as many reasons why on your poster paper.

What did you get?

Lets hear some of your ideas?

I got:

Resilience – animals keep going, no matter what!

The music – the music is beautiful. I close my eyes and it makes me feel happy.

The earth – our Earth is a beautiful place, naturally. The world always continues on into the future.

We have a lot of things to look forward to in our lives.

These may be tomorrow, next month, next year, or in 10 years time.

You are to create a poster, detailing everything you are excited for in the future. This could be seeing your friends more, your family more, eating more McDonalds, going on holiday, being more resilient and trying new things, never giving up when things get hard, going to high school, climbing a mountain, getting a job....

The list goes on! It may even be going home and giving your parent/ carer a hug to say Thank you.

Look back at your post it note.

Do you feel more positive about the future?

How can you be hopeful when things start to get scary, or difficult?

How can we help others do this?

If you are feeling sad or worried about anything that has happened, and you are struggling to stay hopeful, that is OK. Speak to someone you trust. Your teachers are also here to help you.

**Think of one word to describe
what you have learnt today.**

Write this really big on your poster paper and tell your partner why.