



Week 1 - There Is Always Hope

BEFORE YOU PLAY THE VIDEO

THINK ABOUT

For Teacher: We recommend watching the video prior to playing it to your students. Please use discretion for any student that may be sensitive to certain topics, and have a one-on-one conversation when needed. This can help prepare the student and set expectations. This particular video discusses hardship, grief, loss, and disappointment.

THE GOAL OF THIS SESSION

Help students:

- Hold on to hope throughout life's ups and downs.
- Recognize temporary feelings.
- Take action steps to cope with negative feelings.

GUIDE

5 minutes

ICE BREAKER

Teacher reads aloud:

Life is uncertain. It is always changing, and I am sure we can all agree that it isn't always kind. Today we are going to talk about the hardships we experience in life and how they impact our emotions. We are going to discuss issues of grief, loss, and disappointment. All of which you may have experienced personally. The goal in discussing these topics is not to upset you or remind you of the hardship you have endured, but to remind you of the hope that exists even in hardship. The goal of this lesson is to remind you that the pain and negative emotions you feel are most likely temporary. And that there is something you can do about it! It's ok to not be ok. It's just not ok to stay that way. Oftentimes, the feeling of hope is waiting on the other side a few, simple steps toward change.

PLAY THE VIDEO

10 Minutes

DISCUSS

30 Minutes

Break them off into groups or discuss as a class.

1. Define "hardship" in your own words.
2. What are some of the effects of painful experiences?
3. What are temporary feelings vs long-term feelings?
4. How can you stay positive and hopeful in the midst of hardship?
5. If you feel comfortable, share about a difficult experience that you overcame. What helped you?
6. Name 3 reasons why life is still beautiful even when it's messy

DO THIS *(Activity)*

20 minutes

Gratitude and Hope Journal Entry

Say: One of the greatest weapons you have to fight negative emotions is the power of positive thought. You can't always control what happens to you in life, but you can control your reaction to it. Switching your perspective and focusing on something positive is a great tool you can use to combat negative emotions. The easiest way to do this by focusing on a few things you are grateful for and writing them down.

When it comes to remaining hopeful in the midst of hardship, it is typically effective to focus on future events you are looking forward to. Either in the near or distant future.

Once again, it's important to write them down. Writing these things down allows you to remember what you have to be thankful for and reminds you to have hope even when things feel dark.

Take a few minutes to write 2 lists:

1. A list of things you are grateful for today
2. A list of things you are looking forward to.

Then take that list home and put it in a place you will see often. Use it to remind yourself of the good things life has to offer.