

Journey of Discovery



New Discoveries

Step 5 Hope

Hi Young Leaders.

Our 'Journey of Discovery' has helped us to explore lots of ways we can be good leaders showing: courage, thankfulness, compassion and friendship.

Something that ties all these things together is **hope!**

When difficult things happen sometimes it is hard to see how they will get better.

Today we are thinking about **hope.**

Remember small steps can make **BIG changes!**



Step 5 - Hope

The last step on our 'Journey of Discovery' is to explore how we can have hope and bring hope to people around us.

- **Hope** is looking forward to good things .
- **Hopes** are like wishes or dreams for the future.
- **Hope** can make us feel less afraid.
- **Hope** can give us strength to face challenges.



Write or **draw** your ideas here:

Think about:

- Why do you think hope is important?
- **If you had to draw hope, what would it look like?**
- What do you hope for?

Hope Pebbles

What makes you feel hopeful?

Paint some pebbles or stones with pictures or messages of hope.

You could paint a rainbow, a heart, a sun or your own idea for a picture that might bring hope to people.

Leave the pebbles outside your house, on a windowsill or somewhere around your local area when you go for a walk as a sign of hope for people in your community to see.



A Picture of Hope

Create a picture or piece of artwork all about hope. You could:

- **Take photos of people, places or things that bring you hope, print them out and stick them on your picture.**
- Draw, paint or create pictures using different art materials.
- **Include examples of the ways you have brought hope to others through the different activities and challenges in your 'Journey of Discovery'.**
- Include the word HOPE within your picture.

Seeds of Hope

When we hope for something sometimes we have to wait for it to happen.

Just like when we plant a seed, we have to wait for it to grow into a plant.

Write or **draw** your ideas here:



What do you hope for?



Plant a real seed in a pot (you could use an empty yoghurt pot), watch it grow over the next weeks and months and remember to keep hoping.





@ABYyouthtrust



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- Compassion
- Friendship
- Hope

