

Journey of Discovery



New Discoveries

Step 5 Hope

Hey Young Leaders.

Welcome to our final step on our adventure in Journey of Discovery, which is all about making new discoveries.

How can we use what we've learnt about courage, thankfulness, compassion and friendship to find **hope** and bring **hope** to ourselves and others? That's right we're looking at the **character strength of hope**.

We're going to be hearing from the new Archbishop of York and finding out what brings him hope. We'll then explore how we can:

- **grow hope when facing challenges**
- **help hopes become reality through our actions**
- **And bring hope to other people facing difficulties.**

For the final time, let's get ready to explore!

Remember my motto: Be the Change you Want to See.



New Discoveries

- What have you learnt about yourself on the journey?
- **What brings you hope?**
- How can you bring hope to others?

Quotation Inspiration

Anne Frank



Where there's hope there's life.
It fills us with fresh courage
and makes us
strong again



What do you think?

Write down some ideas.

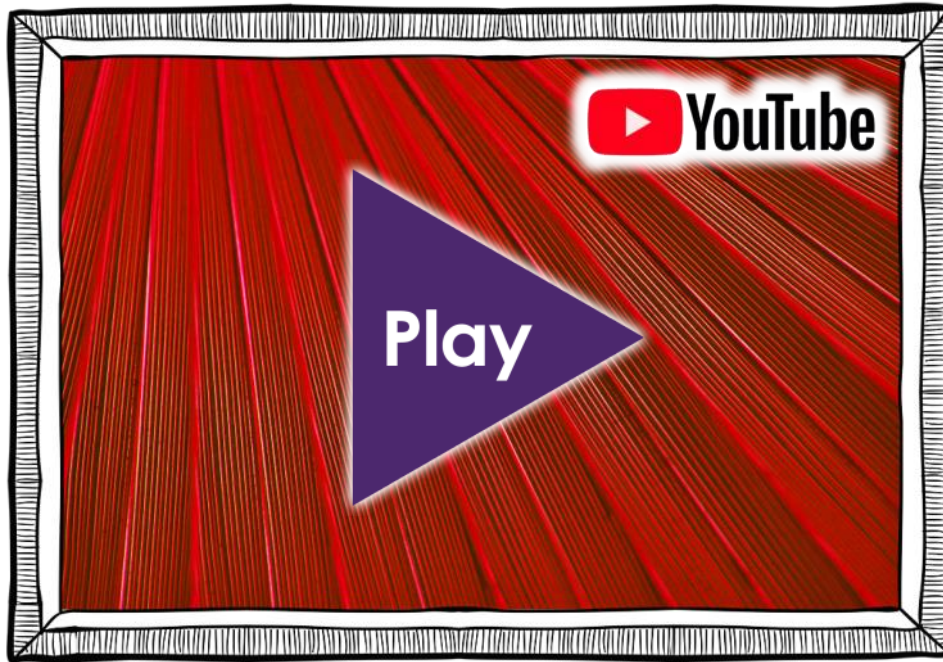


Key Character Strength:

Hope

1. What does the word hope make you think of? Create a mind map of your ideas
2. Now look up a definition.
3. Choose/ find/ create an image that represents hope for you.

Use this space to **write** down **your ideas**



Task

Watch the examples of hope video

Then answer the questions below.



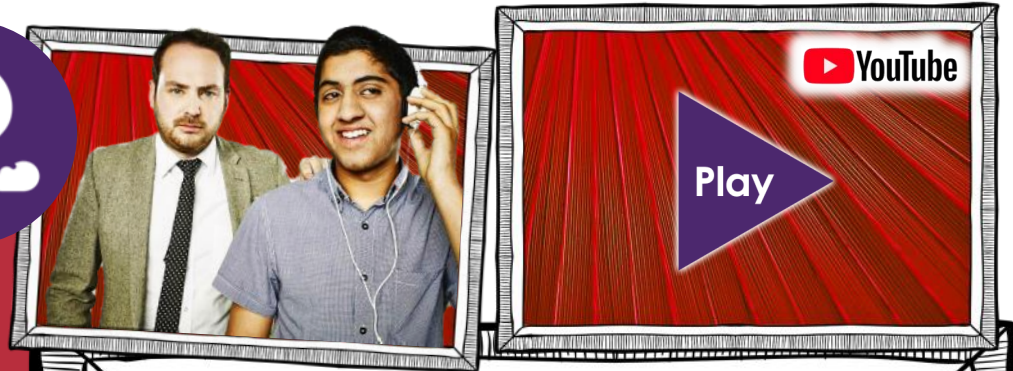
Your Journeys

- What new skills have you developed during this journey?
- **What are you hopeful about?**
- What has helped you be hopeful?
- **Give examples of where you have brought hope to others.**

Use this space to **write** down your **ideas**



Hope when Facing Challenges



- Aged 16, Musharaf appeared as a pupil on the reality TV series 'Educating Yorkshire'. He suffered from a stammer, meaning he struggled to have conversations with his friends and teachers.
- Part of his GCSE English exam required Musharaf to read a poem out loud, which terrified him. Mr Burton, his English teacher, decided to try a technique used in the film the King's Speech. He asked Musharaf to listen to music through headphones, while speaking the poem aloud. It worked!
- Musharaf was able to speak without his stammer, clearly and in public, for the first time, and he was able to give an end of year speech to his whole year group. Pupils and teachers were so proud of Musharaf's progress.
- A few years on, Musharaf is now a public motivational speaker. He recently appeared on the BBC 'The One Show' sharing his powerful journey and how even though he's worked hard to conquer his stammer, it is still there. However, he doesn't let it stop him from picking up the microphone and sharing his story.
- Having patience is one of the most important things for Musharaf, keeping him calm when he feels like he cannot get any words out. It can be very difficult and mentally exhausting, but he has learnt to be patient through difficult times.
- His story has now been turned into a play 'Lyrically Speaking' and is soon to be a sitcom on TV.

How do you think Musharaf **felt** when he was at **school**?

Why might he have found it **difficult** to have hope for his **future**?

What helped Musharaf overcome the **challenge** of having a **stammer**?

How is his **life** different now?



Hoping for the Small Things and Amazing Things

Sometimes we hope for amazing things which are almost out of this world!

Perhaps you hope that one day you could go to the moon or you hope that you will become famous. Of course people do travel into space and some people do become famous - but not everyone is able to.

Hoping for something that is so rare or unusual is not a bad thing but it is good to put it in perspective. That means it is helpful to see these kinds of hopes alongside smaller and everyday kind of hopes. These amazing hopes are not impossible but they probably won't happen everyday.

Building hope out of the smaller everyday things can lead to bigger hopes happening.



Did you Know...?

- Hope is believing that good things will happen
- **Not all hopes need to be big**
- Hope can be for ourselves or other people
- **Having hope requires some kind of action**
- Hope becoming reality can take time and requires patience
- **Hopes don't always work out the way we want or expect, but they help us learn from our experiences.**

TASK: Write down your different hopes, small hopes, medium sized hopes and big hopes. Are there any actions or steps you could take to help them become reality?



Medium Sized Hopes
Any actions I can take?



Big Hopes
Any actions I can take?

Growing Hope

To know whether our **hope** is growing over a period of time it is helpful to think about growing a plant. It takes effort everyday to grow a seedling or a carrot top. You have to check it and look after it regularly.

Hope needs to be regularly looked after too and takes a lot of patience and waiting.



Carrot Tops



1. Use a carrot top from a fresh carrot and place it on a plate of water, on a windowsill in the sunshine.
2. **Be patient as it will take a while to sprout green leaves out of the top.**
3. Remember to water it .
4. **Experiment with different windowsills around your home to see where it can get the most sunshine without drying out.**

Seeds



1. Sow some seeds in your garden or in a pot.
2. **Make sure you water them but not too much.**

You will need lots of patience to wait for them to grow.



Tree of Hope



1. Draw the outline of a tree on a piece of A3 paper.
2. **Cut out coloured leaves to stick on the tree.**
3. Label each leaf with a different hope and then glue on to the branches of the tree.
4. **Ask others in your family to write their hopes on a leaf to stick on the tree.**

Hope in Action

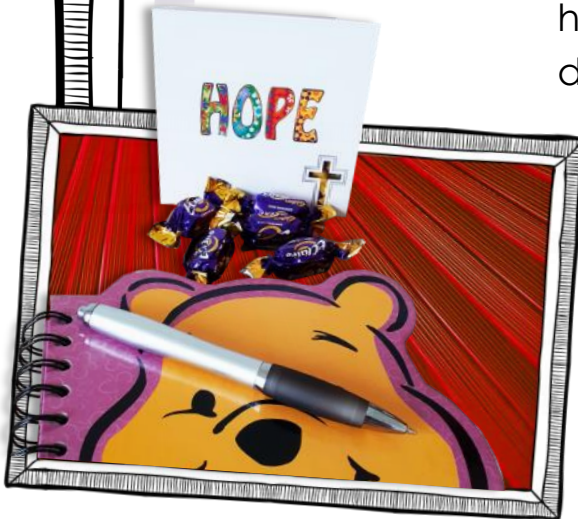
Giving Hope

How can you pass on hope to someone else?

Encourage a friend or neighbour by writing them a note and wrapping it around a small gift like a sweet or chocolate.

How will you start your message of hope?

- Think of some encouraging phrases before you write your message.
- Perhaps share some things that have brought you hope and new things you have discovered on your journey.



Reaching Out

Write to a friend or family member about the place you hope to meet them in the future when it is safe to come out of lockdown.



Imagine all the things you are looking forward to doing when you meet with them and tell them about it.

Tell them what you have discovered on this journey of staying at home and why you are trying to stay hopeful.

Post the letter to them to bring them hope too. Why not include a picture of a rainbow for them.

Bringing Hope to Community

Is there a charity in your local community that is working to bring hope to others? Perhaps a foodbank or local voluntary group providing meals or shopping for the vulnerable. Do a bit of research around their aims to help others.

- **How could you share their story and encourage others to get involved in helping that charity?**
- Is there something you and your household could do to help them and to bring hope to your community?



Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.

Please visit:

www.abyyt.com/yla-at-home

Now Available

Download all five packs

- Courage
- Thankfulness
- Compassion
- Friendship
- Hope



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