HIGH FIVE WELLBING

CONNECT
BE ACTIVE
LEARN
GIVE
BE MINDFUL

HEALTHY LIFESTYLE

Mind Train
CIC
Mindfulness & wellbeing
CONNECT
HIGH HOPES
PAUSE, NOTICE, BREATHE, PLAY
Learning Intention:
To understand how hope can help us to cope with problems we want to solve in our life.

Success Criteria:
1. To develop resilience.
2. To identify ways to solve life problems.
3. To learn to manage our own emotions.
Key Vocabulary

- hope
- symbol
- believe
- achievement
- Native American
- tribe
- future
Hope

Talk partners activity.
What is hope? Turn to your partner and tell them what you think this word means.
Hope

Hope is:-

• feeling good about the future.
• believing things will get better in difficult times.
• the ability to believe that dreams can come true.
• believing that good things will come to us.
Class discussion
What are your hopes for the next year?
Is there anything you would like to be better at?
Are there any particular achievements you would like? For example; a certificate, dojo record or a pen licence.
Is there anything in school which you hope will be better?
Hope

Some Native American tribes believe that if we whisper our wishes to a yellow butterfly, the butterfly will carry the wish to the Great Spirit in the sky and the wish will be granted.

Therefore in some Native American tribes the butterfly is a symbol for hope.
Individual Activity
We are going to choose one or two hopes and write them on our butterflies. Once you have written your hope, you need to write down how you think these could be achieved.

Hope

I want to get a pen licence.

I am going to work very hard on my handwriting and presentation in every single lesson.

I want to make more friends

By joining some clubs and talking to new children in the playground.
Reflection

1. Is it important to have hopes and dreams? Why?
2. Have you ever had a hope, goal or dream which has come true for you?
• Ask your family members what their hopes are for the next year.
• Have a family discussion and decide on three family hopes for the following year and create a poster to display somewhere. Discuss how as a family you could help to make sure your hopes come true.
PAUSE, NOTICE, BREATHE, PLAY