



# Hope Clouds

This edition's activity is about **hope**. This theme fits well with the beginning of the new academic year and is a good way to encourage staff and pupils to think about their aspirations, especially in relation to mental health and wellbeing.

**In the Resilient Framework**, **instilling a sense of hope** features as one elements of helping to build resilience. "Hope helps students hold on to the possibility of change and the anticipation and wish that tomorrow will be better. When hope is present it can make the most difficult challenges feel manageable and survivable. ...encourage students to have aspirations and dreams about what would make school a better place."



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## For staff:

### 20-30 mins

This is a really easy opening round for a staff meeting or INSET. It helps staff identify what is really important to them and can enable a staff team to find a coherent and shared vision about mental health and resilience across the school community.

All you need is the cloud template below. Ask the staff to think about what hopes they have for the school. It might be a long term goal, e.g. 'Every member of the school getting the support they need' or a very simple change that could be implemented quickly, e.g. 'more chances to give positive feedback to parents'.

Roughly sort the responses into themes and feedback to staff. For some instant action planning, these themes can be organised into 'Let's do it tomorrow', 'By half term', 'By Summer Term' etc. It's important that the staff see some quick wins but also understand how their dreams and aspirations go towards a bigger more sustainable vision for the school as well. These insights can be revisited at other points throughout the year or by particular teams in their planning.

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# For pupils/students:

**20-30 mins**

This activity also works well with children of any age and provides a good starter for this time in the academic year.

Using the same cloud template below, ask the children to think about their own dreams and hopes for the next academic year. It might be something that they can change or it might depend on others. Again, the suggestions may be very simple short-term ideas or aspirations that may take a lot more time, effort and support. Explain that they can choose to share their dream or hope with the rest of the class/group or keep it to themselves.

Ask children who are willing to share to read out their dream/hope and discuss with class/group. Ask the whole group how being hopeful might help us to feel able to cope with things that happen or problems we want to solve.

Ask the children to write on their hope cloud one thing they will do to get closer to their dream and one person that they could ask for support. Allow children to take them home as a visual reminder of being hopeful.

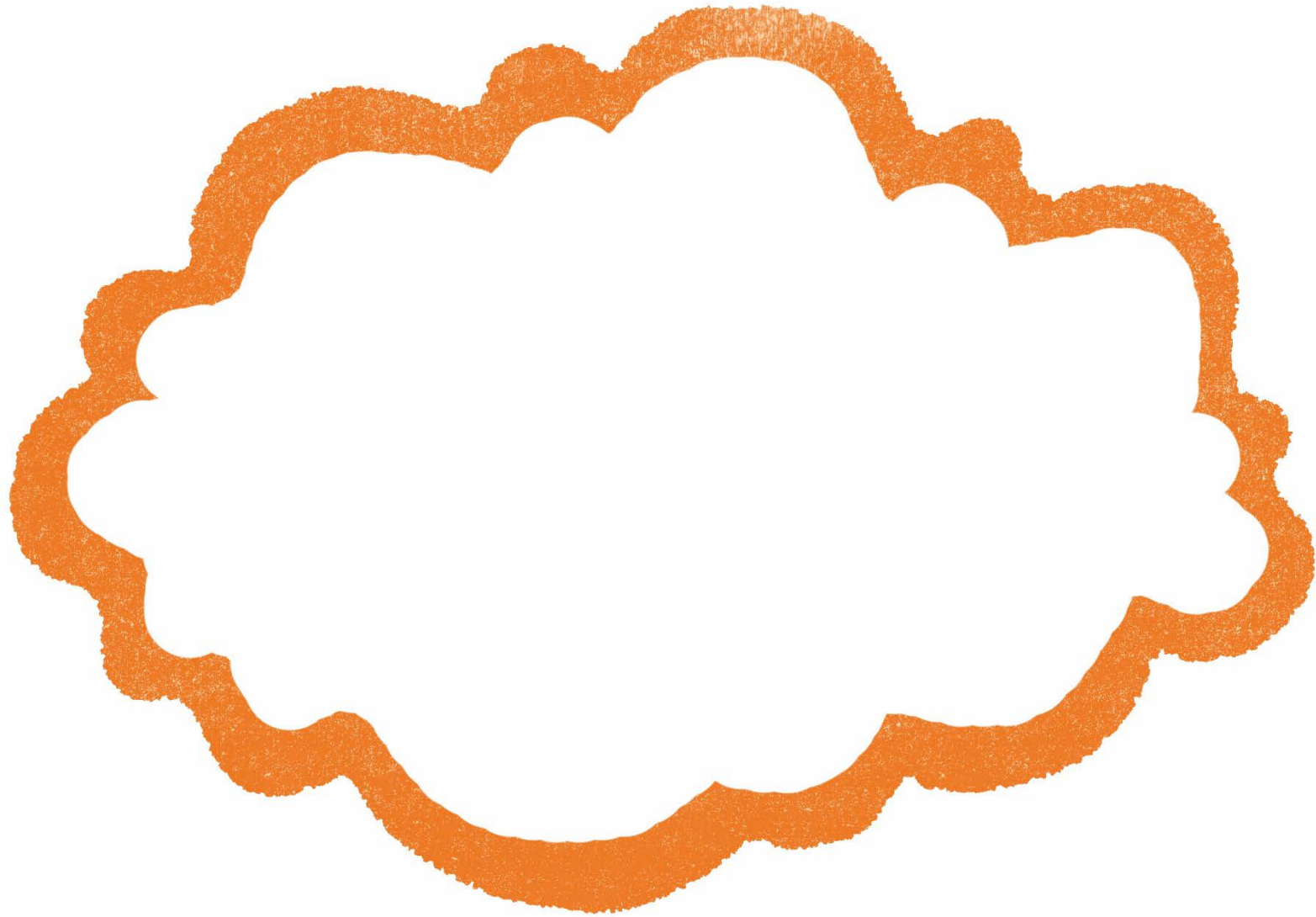
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# Instructions:

- Using your cloud template, think about your dreams and hopes for the next school year and write them down. They can be big or small, short-term or long-term.
- If you would like to share, tell the group about your dreams and hopes and why you chose them.
- Write one thing on your hope cloud that you will do to get closer to your dream and one person that you could ask for help.



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