

Building Conversations Part II - HOPE

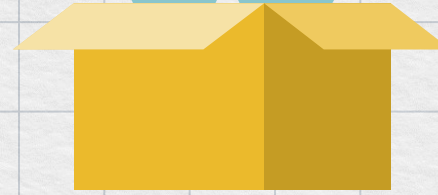
Talking Points:

01



What is HOPE?

03



What does HOPE look like?

02



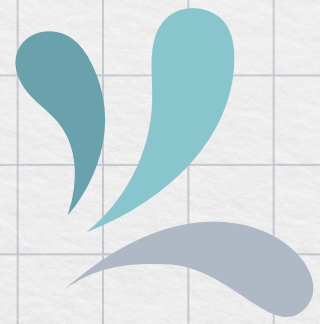
Hope v.
Optimism

04



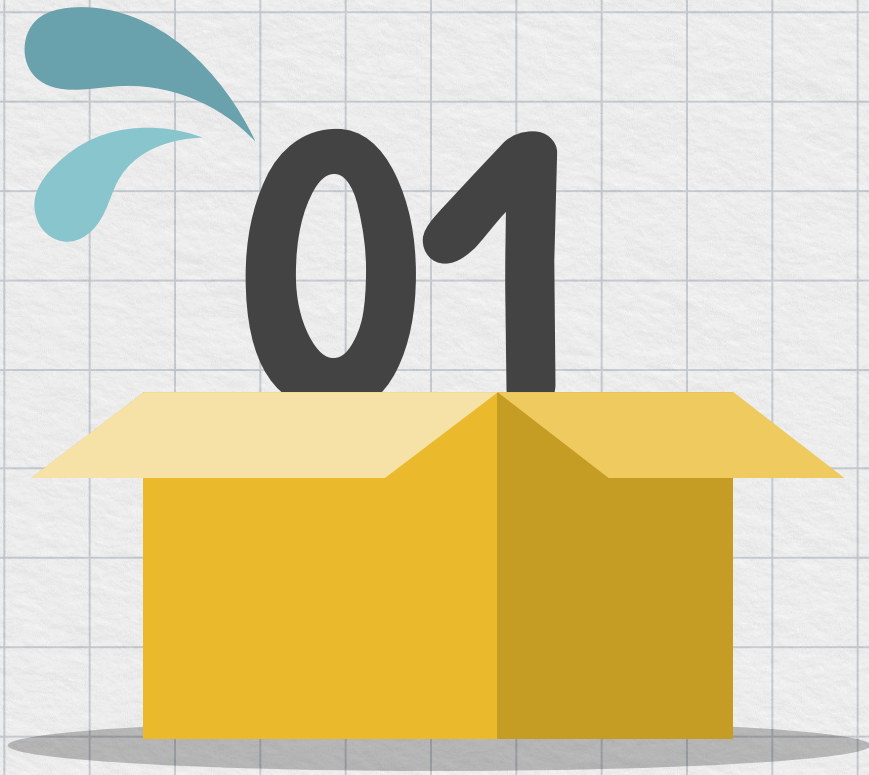
What does HOPE sound like?

What is HOPE?

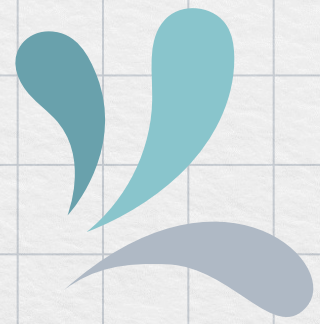


The capacity to think positively in tough times and to be future-minded in setting goals.

- Kids who are hopeful are happier and more satisfied with life.
- Hopeful kids have better relationships.
- Kids who are hopeless don't try as hard and feel helpless.
- Hopeless kids don't achieve goals likely because they don't set any or don't have enough hope to find ways to achieve them.



Optimism Vs. HOPE

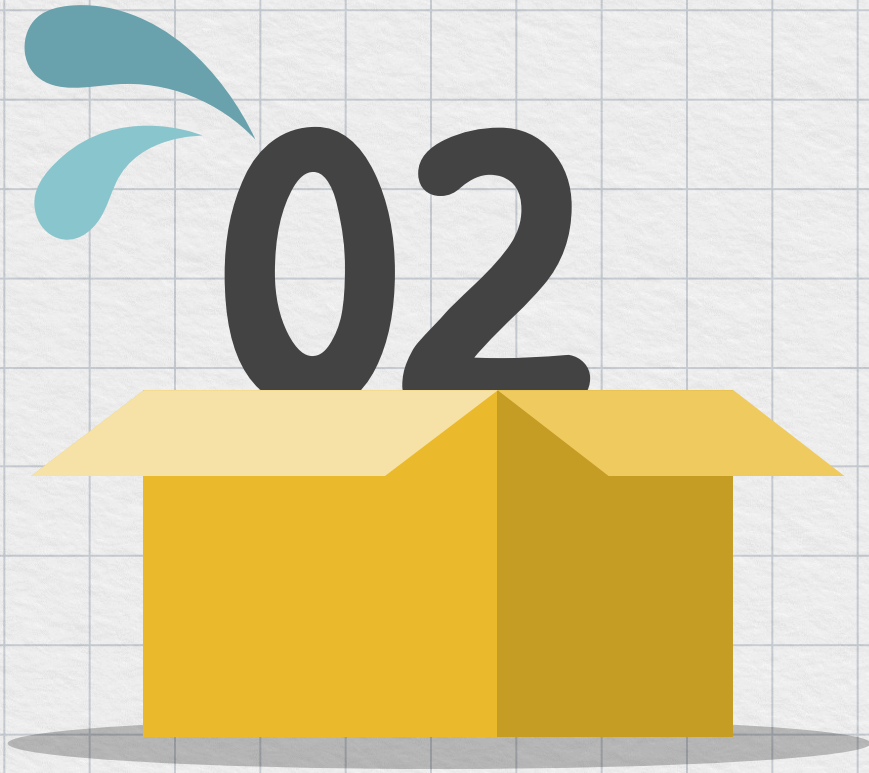


Optimism is the belief that good things will happen in the future.

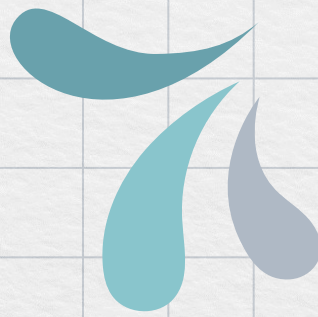
- The glass is half-full

Hope, takes the optimism and makes it goal-oriented and puts together a plan to achieve the goal.

- I want the glass to be three-quarter full. I am going to find more juice and pour it in.
- I want the glass to be empty. I am going to drink it.



HOPE



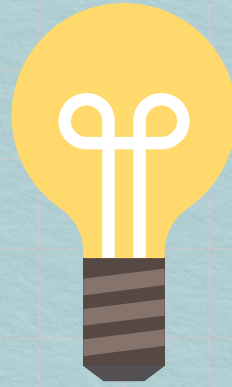
The capacity to think positively in tough times and to be future-minded in setting goals.

Mental Time Travel that permits kids explore the future, return to the present, and prepare for the journey.

Composed of three elements:

- Goal - something we hope to achieve
- Pathways - at least one way to achieve the goal
- Agency (efficacy) - the belief that we can actually make things happen in the pathways to get to the goal.

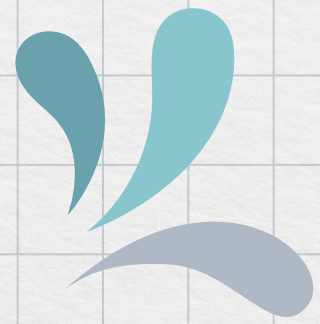




Mental Time Travel



What does HOPE look like?



- Think positive
- Look at the big picture
- Build a Future Focus
- Work out a pathway
- Celebrate success



Where should we go?



Education & Career



Home and Family

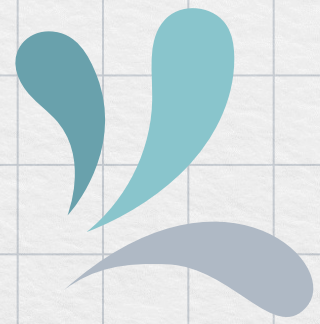


Community and Service



Hobbies and Recreation

What does HOPE sound like?



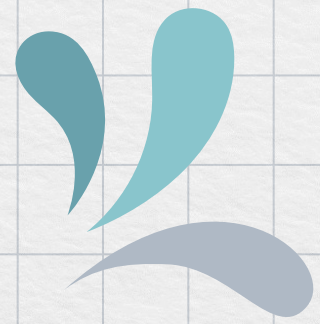
Education and Career:

- What do you want to be when you grow up?
- What jobs seem most exciting?
- What do you enjoy doing?
- What have you seen someone do that you might be interested in?
- What skills do they already have to be able to do certain jobs?
- What do you need to do to get there?

Model for children: talk about your own jobs, careers, responsibilities. Tell them what you like about what you do, what makes it easy and what makes it hard.



What does HOPE sound like?



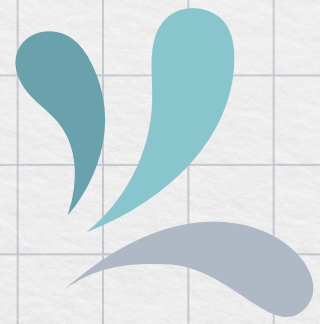
Home and Family:

- Where would you like to go on vacation
- What does your house look like?
- Where do you live?
- What do they see outside your windows?
- Who lives with you?
- Imagine yourself/us doing that. What do you see?

Model for children - look through magazines or pictures and pick a place that you would like to live or visit.



What does HOPE sound like?



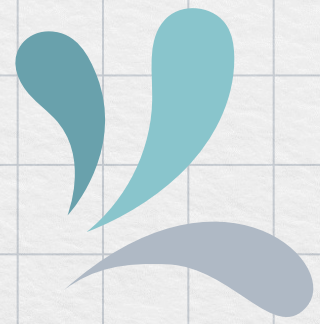
Community and Service:

- What would you like to see for our community to make it better?
- What do you think the family can do to help to make that happen?
- What can you do to make someone smile?
- Imagine yourself doing that, what will you need to do that?

Encourage your child's interest and curiosity to take action and to try new things. Participate in experiences that practice active learning and offer opportunities to develop independence and self confidence.



What does HOPE sound like?



Hobbies and Recreation:

- What do you like to do for fun?
- How do you like to spend your free time?
- What do you like to do to relax?
- What looks like fun for you?
- What fun thing would you like to try?
- Imagine yourself doing that. What do you see?

Model for children - look at kids having a good time in magazines, pictures, television shows and talk about what the kids like/don't like

