



Activities of Hope for Students & Families

Each day, we can do simple activities, individually or as a family, to act on the hope that dwells within us. These are suggestions for simple activities to reinforce hope for ourselves and others.

- Create a fancy message of hope in chalk on your driveway or sidewalk for passerby to read, or create a poster to put in a window.
- Write a postcard or note of thanks for frontline healthcare workers and drop this in the mailbox for a local hospital.
- Bake cookies and deliver them to your neighbourhood grocery store for workers to share.
- Make cards or draw pictures for seniors in your community.
- Music makes us happy. Create a playlist of happy music. Play this in your backyard, or if you are able, send it to a family member who you miss.
- Make a video or recording, singing a favourite hymn. Send this to your parish priest. He needs support at this time.
- Look in your bible or go online to make a list of psalms that give hope.
- Write an acrostic poem about HOPE... H is for Happiness, O is for Ongoing, P is for ... etc.
- Write words of hope on index cards or paper and hang them from a tree in your yard for others to read.
- Go for a walk past your local parish. Stop in front of your church and say a prayer for your faith community.
- Look through a newspaper for stories of hope and talk about the stories.
- Put messages of hope on social media.
- Plant some seeds in the ground. When they bloom, they will give hope.
- Phone your grandparents and tell them you love them.
- Offer a hug to a family member in your house.