



## Theme 2:

# Promoting Hope

Research indicates that hope significantly and positively correlates with psychological well-being and coping in the face of adversity. Higher hope is related to better overall adjustment, while hope has also been described as “a personal rainbow of the mind”, with the rainbow being used as a symbol of hope in many households during the coronavirus pandemic.

p5

## Assembly ideas



### Resources needed:

1. A short, child-friendly version of Noah's Ark or a similar story about adversity and the importance of hope.
2. Music that helps instil a sense of hope e.g.  
Everything's Gonna Be Alright – Bob Marley  
Bring Me Sunshine – Willie Nelson  
Don't Worry, Be Happy – Bobby McFerrin

### Step one

Discuss why it is important to have hope when we are faced with challenges. Display definitions or quotations about hope and discuss – which do the pupils like and why?

### Step two

Share part of the story of Noah's Ark you feel is most appropriate.

### Teaching points to consider

Sometimes the challenges we face feel really difficult, but the important thing is stay hopeful as best we can and to talk to a friend or trusted adult if we feel we are losing hope. Sometimes talking to people who are still feeling hopeful can help us feel hopeful – or we can talk about remaining hopeful to a friend who seems down. Remind the children that it's important to tell their teacher or another trusted adult if they are worried about how they or someone they know is feeling.

Being hopeful is not about denying the challenges. It's about knowing that you feel challenged and despite the challenge, trying to remain hopeful. Sometimes it can be helpful to remember that feelings come and go - 'this too shall pass'.

### Step three

Explore relevant questions around the story e.g. for Noah's Ark they may include:

- How do you think Noah, his wife and family felt feeling trapped inside the Ark for over 40 days?
- How do you think they kept busy?
- How do you think they stayed hopeful?
- Have you got any advice for if they couldn't go out for another 40 days?

- Discuss the meaning of the rainbow at the end of the story.
- Can you think of a time when you faced something tricky and weren't sure how it would turn out, but you managed to stay hopeful?

Invite teachers /adults or older children that have been primed to give some examples.

### Step four

Play one of the above pieces of music, and if appropriate, allow the children to clap, click their fingers, whistle, sing along or dance before or as they leave the assembly. Being physically active can help lift low mood and help us to feel more hopeful.

