

Joy Project Hope

Introduction

Hope can be learned; it is one of the pathways to wellbeing; it is related to our beliefs and goals for the future, it flows from one person to another and has a positive ripple effect on how we see the world and pursue our goals. Both hope and optimism are correlated with learning, achievement, positive relationships, health and satisfaction with life and wellbeing.

Definition

The feeling of wanting something positive to happen and thinking that it could happen.

Australian Curriculum

Personal and social capability

The Australian Curriculum states that personal and social capability supports students in becoming creative and confident individuals who, *'have a sense of self-worth, self-awareness and personal identity that enables them to manage their emotional, mental, spiritual and physical wellbeing'*, with a sense of hope and 'optimism about their lives and the future'. On a social level, it helps students to *'form and maintain healthy relationships'* and prepares them 'for their potential life roles as family, community and workforce members'

DECD Wellbeing Framework for Learning and Life (Empowering – Using your strengths)

Recognising the importance of wellbeing and the link to personal and social competence we are focusing on using your strengths as they relate to Hope and the application to achieve goals.

Character strengths as they refer to Hope are implemented to ensure the students can confidently talk about their hopes and their dreams, fears and concerns. They will learn to talk about their problems with others rather than being silent and are prepared to use Hope as a character strength to help others learn.

People who have a sense of optimism tend to see things in a positive light, learn from negative situations, exert more continuous effort and persevere, assuming that the situation can be handled successfully in one way or another. Hope is closely related to optimism and is considered an ability to conceptualize goals, find pathways to these goals despite obstacles and have the motivation to use those pathways.

Resilience

- An eastern proverb tells us to "fall down seven times, get up eight". That's resilience.
- Smart resilience is when we learn from each fall and rise wiser and able to deal with the next challenge in a different way.
- With Resilience we can make mistakes and learn, rather than see ourselves as failures.
- It's difficult to have resilience without Hope or the courage hope gives us.

Hope and Health.

- Being full of hope makes us seem and feel vibrant, colourful and alive.
- A heart filled with hope can transmute everything.
- Put all your problems in your heart, fill it up with hope and see what happens.
- Hopelessness is often triggered by a fear of something, perhaps a fear of failure, not being good enough, not having friends.
- Hope opens our eyes, it gives us courage, it acts like a candle in a dark room, it lights up our surroundings and shines into the future, showing us the way and dispelling the fears that create obstacles in our paths.

Where Hope lives in your body.

- Identifying where hope lives in your body.
- Feel what it is like to go through a day with hope and hopeful expectations, instead of dread and worry, expecting the worst.

Patience

- Patience goes hand in hand with hope! Many times we want things now or for things to be fixed or relationships healed immediately. It takes effort and persistence.

Persistence

- What's the difference between people who give up on a situation because its "hopeless" and those who try and try again? The difference is Persistence, Resilience, Hope and the stories they tell themselves.

Take Action

- Our work is to hold hope and faith especially when things look bad.
We need to take action – to choose hope, step into hope and put hope into our hearts.
- When we really are full of hope, we are filled with light and actually feel lighter.

Find the Fear and Breathe!

- Recognise the problem, breathe and choose to become hopeful and expect good things to come.
- Feel the difference between actively making your heart full of hope and just passively wishing for things to be transformed.

Hope is believing your dreams will come true.
It's knowing you'll be successful in all that you do.
You will need to work hard and have patience too.
But when you have hope, then each day is brand new.
Have hope for your tomorrow!