

Jar of Hope Activity

Hello everyone! ☺

We hope you and your families are well and had lots of fun in the sunshine this weekend!

We have a little activity for you which will get you thinking about life after lockdown and hopefully have you looking forward to all the exciting things you will be able to do once we are allowed back to normal life.

We hope you and your families enjoy this task and use it as a good opportunity to talk to each other about your feelings.

Stay safe, stay happy and have fun!

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The 'Jar of Hope' activity can be completed by the whole family.

Talk as a family about all the things you miss and what you might look forward to when this is all over. Write these things down on slips of paper and place them into a jar – you can read these ideas when you are feeling down or having a bad day.

Each family member could even have their own colour of paper which they use to show that we all miss and are looking forward to different things.

When the lockdown is over and we are able to do all the things you think of once again, the jar will be a lovely reminder of tougher times and the hopes you had and can now achieve.

Remember, if you are finding things difficult, there is always someone you can talk to and we at school are here to help! Take care ☺

