



**PSHE  
HOPE  
29.06.20**



# Lesson 1: Hope

This week we are thinking about Hope.

This is one of our school values.

During our lives we can have lots of different hopes and dreams. Sometimes these are really big ideas and sometimes they can be very small. Sometimes we need to work hard to realise our hopes and dreams.

This ppt will help us think of some ways we can help achieve our hopes and dreams.

**'Hope is being able to see that there is light despite all of the darkness.'**

A Whole School Assembly

# Hope

twinkl

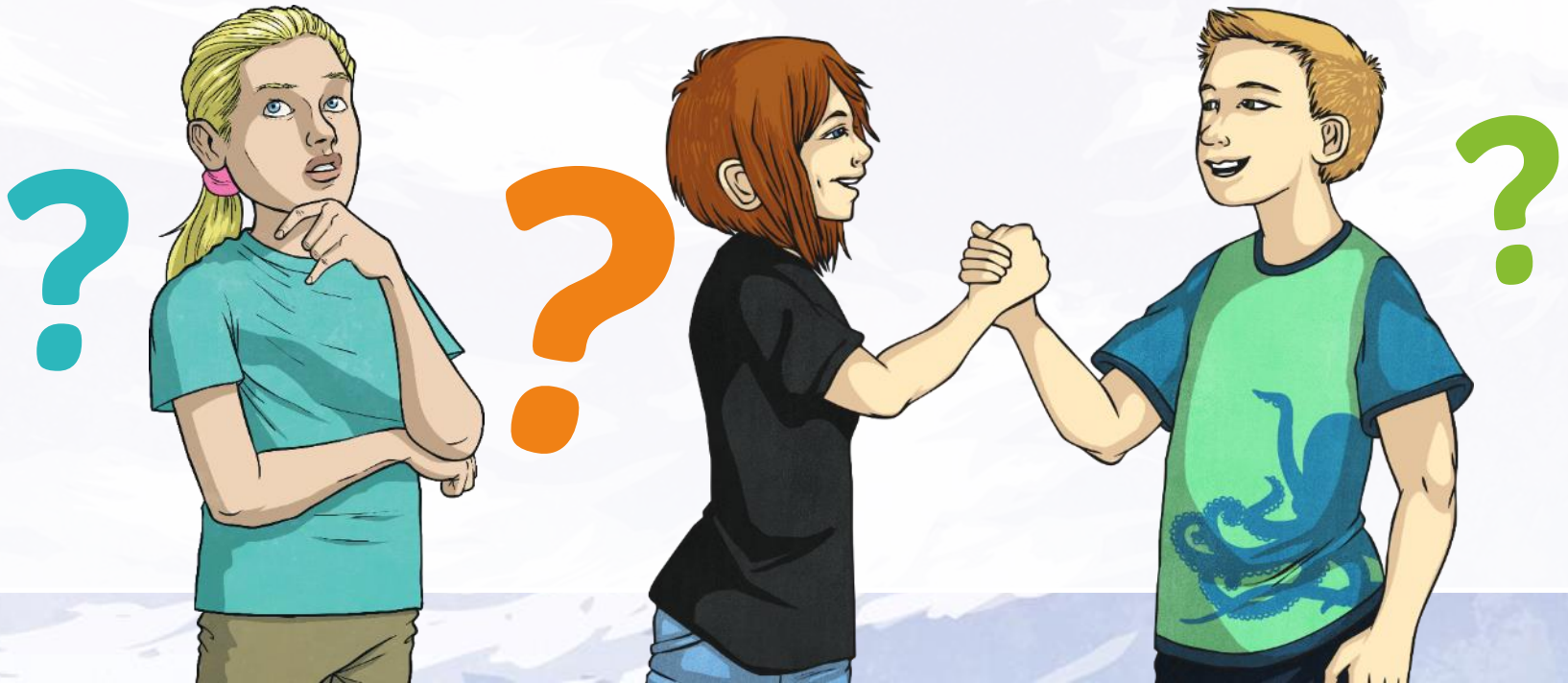


# What Is Hope?

Think

Pair

Share



# Hope is...

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

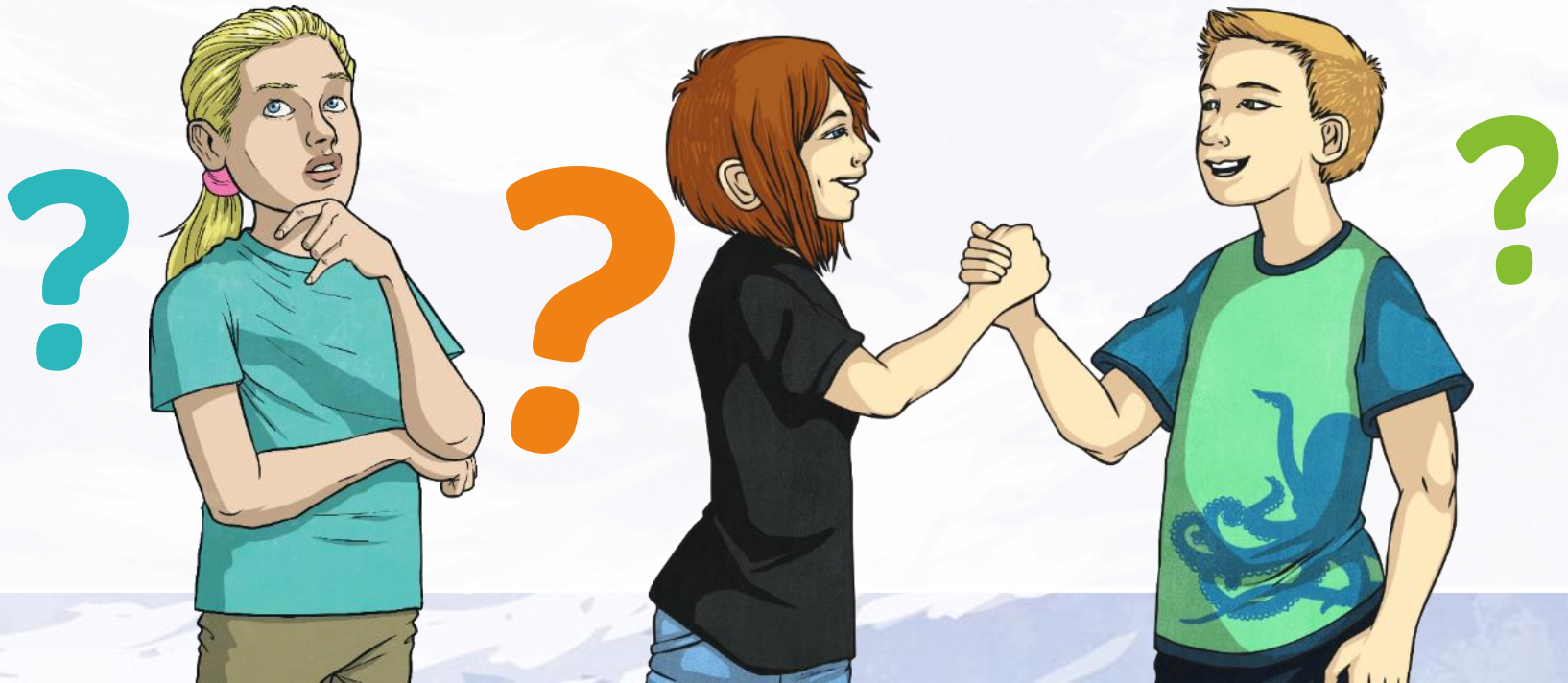




# Why Is It Important to Have Hope?

Think

Share



# Why Is It Important to Have Hope?



1

Hope allows us to believe that anything is possible.

2

If we didn't have hope, we would give up when things become difficult.





# Hopes and Dreams

**"I have a dream."**

This is part of a famous speech given by Martin Luther King Jr. in 1963.

His dream was that all people, regardless of race or colour, would be treated as equals.





# Hopes and Dreams

**What are your hopes and dreams?**

Perhaps you have a hope or dream for yourself or one for a wider group of people.



**I hope  
that...**

**I like to  
think  
that...**

**I dream  
that one  
day...**

# How Will You Achieve Your Hopes and Dreams?

**perseverance**

**practise**

**hard work**

**talent**

**patience**

**effort**

**time**

**training**

# Achieving Your Hopes and Dreams

**"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."**



Jesse Owens,  
four time gold  
medallist in the  
1936 Olympic  
Games.





# Quotes

**'He who has health has hope; and he who has hope has everything.'**

(Arabian proverb)

**'Once you choose hope, anything's possible.'**

(Christopher Reeve, Superman actor, paralysed in a horse-riding accident)

**'Hope is being able to see that there is light despite all of the darkness.'**

(Bishop Desmond Tutu, human rights activist)

**'Hope is a waking dream.'**

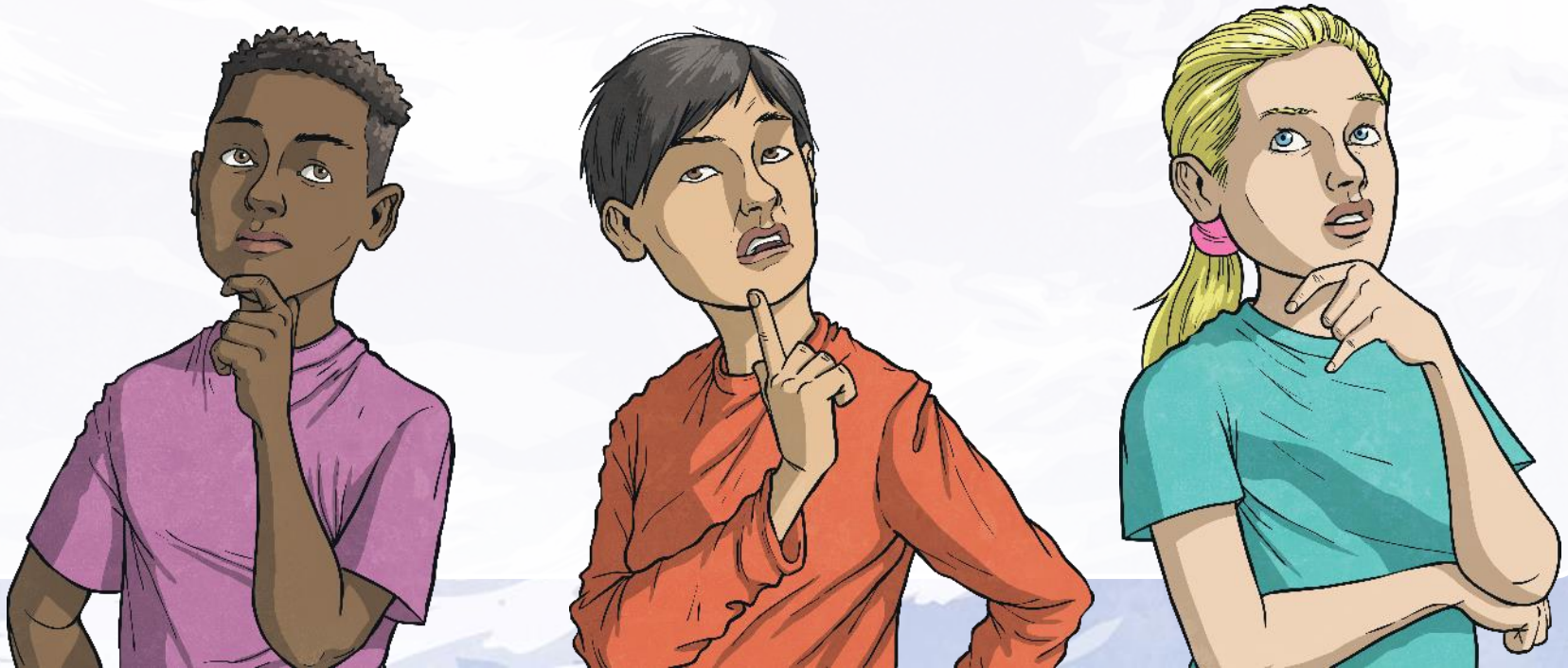
Aristotle

# Let's Think About Hope

Let me have the strength to work hard to fulfil my dreams.

Give me the ability to see all possibilities.

When things feel hopeless, give me hope.





## Activity

Using the worksheet labelled PSHE 1 think about one Hope or Dream that you have and write it in the star. Then think about what you will need to do to achieve it and write that in the other star.