

Without thinking too much about it, what score would you give yourself right now to indicate how happy you feel about your life? Write it on a post it note and write why you chose the number you did.

- ▶ 10. Extremely happy (feeling ecstatic, joyous, fantastic)
- ▶ 9. Very happy (feeling really good)
- ▶ 8. Pretty happy (feeling good)
- ▶ 7. Mildly happy (feeling fairly good and somewhat cheerful)
- ▶ 6. Slightly happy (just a bit above neutral)
- ▶ 5. Neutral (not particularly happy or unhappy)
- ▶ 4. Slightly unhappy (just a bit below neutral)
- ▶ 3. Mildly unhappy (just a bit low)
- ▶ 2. Pretty unhappy (somewhat 'blue', spirits down)
- ▶ 1. Very unhappy (depressed, spirits very low)
- ▶ 0. Extremely unhappy (utterly depressed, completely down)

Happiness
Scale

This term we will learn about the five aspects of relationships:

- ▶ Hope
- ▶ Compassion
- ▶ Forgiveness
- ▶ Trust
- ▶ Integrity

W.A.L.T.

Understand what hope is
and how we can
demonstrate it in our lives.



Hope

**What does it mean to
have hope?**

What does it mean to have hope?

- ▶ Believing you will be successful
- ▶ Believing what you desire is possible
- ▶ Being optimistic and positive about your future.



Hope

**How can we demonstrate
hope in our lives?**

How can we demonstrate hope in our lives?

- ▶ Having a positive attitude, even when facing difficult situations
- ▶ Being willing to work hard and always doing your best
- ▶ Pursuing your goals and following your dreams
- ▶ Helping and encouraging others when they are down



Hope

**Who are some people you
know that show hope?**

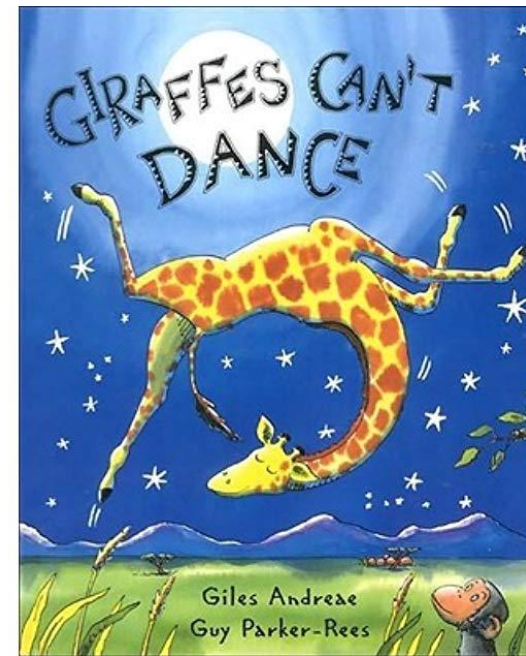
Who are some people you know that show hope?

- ▶ Your parents, grandparents, school teachers and staff.
- ▶ Friends or family members who are dealing with illness or a difficult situation.
- ▶ Helen Keller, Henry Ford, Anne Frank, Martin Luther King Jr., Thomas Edison, Mother Teresa etc.



Giraffe's Can't Dance

- ▶ Watch <https://www.youtube.com/watch?v=vZjsLK5vwNU>



Your turn

What are your hopes and dreams for the future?



Poem

*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 each day is brand new.
Have hope for your tomorrow!*

Author Unknown

