

## Hope APRIL 2025



### SAY IT:

*Hope: Believing that something good can come out of something bad*

### KNOW IT:

#### ASK A GROWN-UP:

- When was a time in your life that you held out hope that something bad would get better?
- How has hope helped you through difficult times?

#### ASK A KID:

- What are some things that you hope for in your life?
- Is there anything you are experiencing right now, that you are holding out hope will eventually get better?

### SEE IT:

It is impossible to avoid bad things in life. All around us, people get sick, tragedies occur, accidents happen, and people make mistakes. Sometimes, it is easy to focus on the bad things that are happening. Having hope can help us deal with our sadness and disappointment. Even in situations that do not get better, we can have hope that good things will come out of these bad situations. In this book, Little Mole learns from his mother how to find hope even when things look dark: <https://www.youtube.com/watch?v=MBAtu2QtoyY>

### BE IT:

Together as a family, create a lightbulb out of construction paper. On the bulb, write things you can think of that will help you remember to have hope. These can be the names of family members or other people who inspire you, things you love to do, beautiful things in the world, or anything else you can think of! Display the bulb in a place where you can all enjoy it and remember what brings you joy and hope!

# PHASE

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It may seem like there is never enough time to get everything done.

Consider using the rhythm of your daily life to shape the values in your home – take advantage of the time you already have:

## Morning Time:

Be a coach. Help them find purpose by starting the day with encouraging words.

## Drive Time:

Be a friend. Talk about life during informal conversations as you travel.

## Meal Time:

Be a teacher. Have conversation while you eat together.

## Bed Time:

Be a counselor. Strengthen your relationship at the end of every day with heartfelt conversations about feelings.

**So don't miss it.** Use the time you have (without technology or distractions) to deepen relationships and encourage values in your home.