



LESSON PLAN 2

Grade 1-2
Building Hope



Lesson Plan 2.1: Grade 1-2

Building Hope

Lesson Title	Building Hope: Creating a Jar of Hope
Lesson Summary	This lesson will introduce students to the transformative power of hope. The session will introduce the concept of hope and its role in overcoming challenges, drawing inspiration from the Make-A-Wish Australia's work in granting life changing wishes to children with critical illnesses. Students will craft their own jars, with messages of hope; reflecting on how hope can guide the way during difficult times.
Year Level	This lesson is for Grades 1-2
Lesson Duration	40-50 minutes
Learning Intention	Students will learn how hope and positivity can help them face challenges and how they can use these qualities in their own lives.
Evidence of Learning	By the end of the lesson, students will be able to: • Talk about hope and other positive emotions • Recognise how hope can be useful • Identify personal sources of hope and represent them through the creation of their jar of hope • Share how they plan to use their jar of hope to stay hopeful when facing challenges.
Things you will need	• Make-A-Wish story (video) Audrey's Lego-Loving Wish  • Digital device to play the Make-A-Wish video (optional). • Large paper or whiteboard and markers (for whole-class brainstorming). • Craft materials for the jar of hope activity (jars, paint, markers, glitter, pipe cleaners etc).
Teacher Preparation Notes	• Review the Make-A-Wish video or story to highlight key moments that demonstrate hope (also to review if content is suitable). Audrey's Lego-Loving Wish  • Prepare a visual example of a Jar of Hope to inspire students and provide clear guidance. • Write the success criteria and learning intention on the board before the lesson begins. • Ensure craft materials are ready and organised for the Jar of Hope activity. • Encourage students to think deeply about their personal experiences with resilience and help students who may struggle to identify their own moments of resilience. • Allow students to share their Jar of Hope but ensure that sharing is optional to maintain a safe and respectful environment. • Teachers should adapt this lesson to meet the diverse needs of students, including those with varying abilities and those with Special Educational Needs (SEN)



Grade 1-2 Lesson Plan 2.1

Building Hope - Scripted

Introduction & icebreaker (15 minutes)

"Hello everyone, and welcome to today's lesson! Today, we're going to talk about hope, joy and positivity"

"Hope is believing that good things can happen, even when times are tough. Joy is the happiness we feel inside, even during difficult moments. Together, hope and joy help us stay positive and strong."

"Who has felt hope before? **(pause for show of hands)**

"That's great!"

Introduction to Make-A-Wish

"I want to tell you about Make-A-Wish Australia. Make-A-Wish grant special wishes to children with a critical illness, and provide them with hope and joy."

"Each wish is unique, one child might wish for a puppy, whilst others might wish for a family holiday to the gold coast."

Icebreaker Activity

"So to start, I'd like to ask you all: If you could wish for anything, what would it be?" **(select a few students and write their responses on the board)**

"Great wishes everyone! Now I'd like to show you a video of Audrey's Lego Wish."

video: [Audrey's Lego-Loving Wish](#) 

"What a beautiful video! You can see the happiness on Audrey's face."

"Happiness is an emotion we feel in the present moment. Hope is what we believe about the future. When we have hope, it gives us something to look forward to, which increases our happiness."



Introduction to Hope

"So as hope is believing that good things can happen, even when things are tough, can you think of a time when you kept trying, even when it was hard?"

(List responses on the board, focusing on hope and positivity)

How did you feel afterward?" **(pause for answers)**

"Amazing."

"We can learn from Make-A-Wish about staying hopeful and strong during tough times and use this in the classroom." **(encourage reflections on hope and resilience)**

"In today's lesson, we will create a 'Hope Jar,' a reminder of what gives us hope when things are difficult."

"Close your eyes for a moment and think about something that gives you hope. It might be a person, a place, a memory, a dream, or something that makes you smile when you think about it."

(Pause for 10-15 seconds)

"Now, open your eyes. Let's share what hope looks like for each of us"

Examples to share with students:

- "Hope might be thinking about your family"
- "Hope might be a hug from someone you love"
- "Hope might be the school holidays"
- "Hope might be a goal or dream you have"
- "Hope might dancing to music"

Activity: Hope Jar Craft (20 minutes)

Purpose: Students create a physical representation of what gives them hope.

"Now, let's create our Jar of Hope. These will represent what gives us hope when facing challenges."

"You can draw or write about things like family, friends, pets, or activities that make you feel hopeful."



"Let's get started! Everyone pick a jar, and we're going to decorate them with colours and patterns that make us feel hope and happiness"

Chat through the materials available and encourage students to creative and expressive.

Steps

1. Children decorate the outside of their jar using tissue paper pieces glued with diluted PVA (creating a stained-glass effect), or paint and markers
2. Cut colorful paper into strips
3. On each strip, they write messages of hope and positivity
4. Fold the messages and place them inside the jar
5. Decorate the lid with ribbons, stickers, or paint
6. Optional: add a sprinkling of glitter as "wish dust"

Prompts for their jar:

- "What colours make you feel happy and hopeful?"
- "Think about bright, cheerful colours that remind you of sunshine, rainbows, or your favourite things"
- "What makes you smile when you're sad?"
- "What's something nice someone has said to you?"
- "Something you want to achieve in the future"

Post activity

"Let's share our jars!" Who wants to show their jar to the rest of the class"

"Tell us about your jar, what things/ messages did you put inside?" **(pause for a few answers)**

"Thanks for sharing everyone, they all look great."

Wrap-Up and Reflection (10 minutes)

"Great work today, everyone. Remember if you need to feel happy you can look at your jar. You can take your jar home and show your guardians/parents."



"I'd love you to answer the following questions using your reflection sheets." ([Hand out reflection worksheet](#))

1. How did you feel making your jar?
2. What does hope mean to you?
3. What can we do in the classroom to help with hope (encourage acts of kindness, staying positive etc)

"Your Jars of Hope will help remind you to stay strong when challenges come your way. Just like Make-A-Wish help children stay hopeful, we can use our jars to stay positive too."

Grade 1-2 Lesson 2.1

Building Hope - Unscripted

Introduction (10 minutes)

- Welcome students to the lesson.
- Introduce the concepts of hope, joy, and positivity.
- Hope: believing good things can happen, even in tough times (**or other suitable definition**).
- Joy is the happiness we feel inside, even during difficult moments.
- Explain how hope and joy help us stay positive and strong.
- Introduce Make-A-Wish Australia and explain they grant wishes for critically ill children.
- Explain all wishes are unique and some children may wish for a puppy, and others may wish for a special holiday.

Icebreaker Activity

- Ask students: "If you could wish for anything, what would it be?"
- Allow several students to share their wishes
- Acknowledge their responses positively
- Introduce Audrey's Lego wish
- Show Audrey's Lego wish video: [Audrey's Lego-Loving Wish](#) 
- Comment on the happiness in the video
- Explain that happiness is an emotion we feel in the present moment. Connect happiness to hope

Introduction to Hope (10 minutes)

- Explain: Hope is believing that good things can happen, even when things are tough.
- Discussion Questions: "Can you think of a time when you kept trying, even when it was hard? How did you feel afterward?" **(List responses on the board.)**
- Focus on how hope helps us stay positive.
- Remind students that they can learn about staying hopeful from Make-A-Wish, which can be used in the classroom.
- Introduce the Hope jar activity that will symbolise hope.

Hope Activity

- Explain that students will create a Jar of Hope as a reminder of what gives them hope when things are difficult.
- Guide students through visualisation: ask students to close their eyes.
- Prompt: "Think about something that gives you hope. It might be a person, a place, a memory, a dream, or something that makes you smile when you think about it." **(Pause for 10-15 seconds)**
- Ask students to open their eyes.
- Invite students to share what hope looks like for them.

Example prompts to share:

- Hope might be thinking about your family
- Hope might be a hug from someone you love
- Hope might be the school holidays
- Hope might be a goal or dream you have
- Hope might be dancing to music

Activity: Jar of Hope (20 minutes)

- Explain that students will create Jars of Hope that represent what gives them hope when facing challenges.
- Mention they can draw or write about things like family, friends, pets, or activities that make them feel hopeful.

Present available materials:

- Glass jars (small food jars)
- Tissue paper
- PVA glue (diluted)
- Paint
- Markers
- Colourful paper strips
- Ribbons
- Glitter
- Stickers

Activity Steps

1. Jar Decoration Students decorate the outside of their jar using:

- Tissue paper pieces glued with diluted PVA (creates a stained-glass effect), or paint and markers

2. Hope Messages

- Cut colourful paper into strips
- Students write messages of hope and positivity on each strip
- Fold the messages and place them inside the jar

3. Lid Decoration

- Decorate the lid with ribbons, stickers, or paint

4. Optional: Wish Dust

- Add a sprinkling of glitter as "wish dust"

Guiding Prompts During Activity



Use these prompts to support students as they work:

- "What colours make you feel happy and hopeful?"
- "Think about bright, cheerful colours that remind you of sunshine, rainbows, or your favourite things"
- "What makes you smile when you're sad?"
- "What's something nice someone said to you?"

Post activity

- Invite students to share their jars with the class
- Encourage students to show their jar and explain:
 - What messages/things they put inside
 - Why they chose certain colours or decorations
 - What their jar means to them

Wrap-Up & Reflection (10 minutes)

Remind students:

- When they need to feel happy, they can look at their jar.
- They can take their jar home to show parents/guardians.
- Their Jar of Hope will help remind them to stay strong when challenges come.
- Just like Make-A-Wish children stay hopeful, they can use their jars to stay positive too.
- Acknowledge their work and creativity.

Task the students with answering the following questions on their reflection sheets:

1. How did you feel making your jar
2. What does hope mean to you?
3. What can we do in the classroom to help with hope (encourage acts of kindness, staying positive etc)