

LESSON PLAN 2b

Grade 3-4
Hope Lantern Reflection

Lesson Plan 2.2b: Grade 3-4

Building Hope

Lesson Title	Building Hope - From Lanterns to Life Lessons
Lesson Summary	In this lesson, students reflect on how they used their Hope Lantern to stay positive and resilient over the past week. They will share personal stories, assess their progress using a Resilience Scale, and set new personal goals for building resilience. Through discussion, self-reflection, and goal setting, students deepen their understanding of how hope and resilience help them face challenges.
Year Level	This lesson is for Grades 3-4
Lesson Duration	30 minutes
Learning Intention	Students will reflect on how they used hope and resilience in their daily lives and set personal goals to stay resilient in the future.
Evidence of Learning	By the end of the lesson, students will be able to: • Reflect on how their Hope Lantern helped them stay hopeful and resilient. • Use a Resilience Scale to self-assess changes in their level of resilience. • Set a clear, personal goal for how they will practice resilience in the future.
Things you will need	• Hope Lanterns (students bring their lanterns from home or they are displayed around the classroom/school) • Reflection journals or notebooks (for drawing or writing reflections)
Teacher preparation notes	• Review the Make-A-Wish video Audrey's Lego-Loving Wish  • Write the success criteria and learning intention on the board before the lesson begins. • Teachers should adapt this lesson to meet the diverse needs of students, including those with varying abilities and those with Special Educational Needs (SEN)



Grades 3-4 Lesson 2.2b

Hope Lantern Reflection - Scripted

Introduction (10 minutes)

"Good morning, everyone! Today, we're going to talk about something very important: how we can stay strong and positive when things get tough. This will help us think about hope and resilience, two ideas we've been learning about.

Last time, we learned that hope means believing that good things can happen, even when things feel difficult. *Resilience* is the ability to keep going even when things aren't easy."

(Pause for a moment)

"Why do you think hope is important when we face challenges?"

(Wait for responses)

"Great ideas! And can you think of a time this past week when you had to be resilient? Maybe you had a tough moment but didn't give up?"

(List student responses on the board or discuss, emphasising the connection to hope and resilience)

Introducing Make-A-Wish

"Today's lesson is going to be a bit special. We'll reflect on how we used our Hope Lanterns at home or school and how they helped us stay strong - just like the kids at Make-A-Wish Australia who stay hopeful waiting for their wish.

"Who remembers Audrey from our last lesson?" (pause)

"Audrey's wish was to build her own pink LEGO house and have a LEGO figurine of herself. Audrey

got to go to the LEGOLAND Discovery Centre Melbourne where she got to build her dream house with a Lego Master Builder. Audrey entered **the Creative Workshop**. This is where she was presented with her Lego dream house, complete with:

- 3 removable storeys
- engraved 'Audrey' plaque on the front
- a ballet studio
- mermaid grotto out the back

"Audrey's mum said Audrey absolutely loved it. She said the day was better than she expected. It was overwhelming how fabulous everything was!"

"One thing mentioned in Audrey's video is that she is so bright, and often laughing and that lego makes her smile, and I want us to have that in the back of our mind during today's lesson."

Activity 1: Reflection (5 minutes)

"Now I want us to think about how you've used your Hope Lantern. Maybe it helped you stay positive or reminded you to keep going when you faced a challenge."

"How is using your lantern similar to how Make-A-Wish children stay hopeful while waiting for their wish?"

"Could you use it during a difficult time?"

(Pause for responses)

"Has anyone used your lantern during a difficult time? How did it help you stay resilient?"

(Allow a few students to share)

"Thank you for sharing. Now, I'd like you to take a few minutes to write on your reflection worksheet."

"I'd like us to answer:

- How did your Hope Lantern help you stay resilient?
- Did you feel more hopeful when facing challenges?"

(Allow students time to write or draw on their reflection sheets)

Activity 2: Self Assessment and Goal Setting (5 minutes)



"Next, let's take a moment to think about how resilient we feel. I'm going to introduce something called the Resilience Scale. This scale helps us think about how we react when things get tough. I want you to rate yourself on how resilient you feel right now, compared to before."

Show the Resilience Scale: (display on board or read out scale clearly)

1. I give up easily when things are hard.
2. I try, but I often stop when things feel too hard.
3. I sometimes keep going but need help or encouragement.
4. I mostly keep trying, even when I feel frustrated.
5. I stay positive and keep going, even when it's really tough.

"Think about how you've felt recently. Have you stayed positive during challenges? Or have you needed some help to keep going? On a scale of 1-5, where do you think you are today?"

(Pause for reflection)

"Now, let's set a personal resilience goal. Think about one way you can keep getting stronger this week. For example, you might say, 'When I feel upset, I will practice positive self-talk.'"

Allow students time to write their goals. Offer sentence starters for students who need support, like:

"When I feel ____, I will ____."

"For students who feel ready for a challenge, encourage them to set a goal like: 'I will help a friend who is feeling upset' or 'I will keep trying when something feels hard.'"

Wrap up and Reflection (10 minutes)

"Now, let's come together as a class and reflect on the lesson.

- Did your understanding of resilience change after using it? How?
- What actions will you take this week to show resilience?"

(Encourage students to share personal stories)

"Let's wrap up by thinking about how hope and resilience can help you in the future. When might



you need to use hope and resilience? And how can your Hope Lantern remind you to stay positive during tough times?"

"Remember, these are skills you'll use every day, at school, at home, and in your friendships. Stay hopeful, keep going, and you'll be amazed at what you can do."

Reflection worksheets

"Before we finish, I want you to write or draw in your Reflection Journals:

- 'What's one way you can show resilience this week?'
- 'Set a goal for your resilience, like: 'I will try again when I make a mistake' or 'I will ask for help when I feel stuck.'"

(If using digital portfolios, students can record a short video explaining their experience with the Hope Lantern and their goal)

"Thank you all for being so thoughtful and sharing your experiences today. Keep using your Hope Lanterns, stay resilient, and always remember that you are stronger than you think!"

Extension Activities (Optional)

Objective: Reinforce resilience through role-play and peer support.

- Resilience Role-Play: "In pairs, create a short role-play where you practice responding to challenges with hope and resilience."
- Resilience Wall: "Let's create a 'Resilience Wall' in the classroom. Write a positive affirmation or your personal resilience goal on a sticky note and add it to the wall."
- Peer Check-In: "Pair up with a partner to check in on each other's goals next week. Support each other with encouragement and feedback."



Grades 3-4 Lesson 2.2b
Hope Lantern Reflection
Unscripted



Introduction (5 minutes)

Recap what the students learned in the last lesson around the concepts of hope and resilience.

Ask:

- Why is hope important when facing challenges?
- Can you share a moment you were resilient this week

List responses and highlight how hope and resilience help us move forward.

Introducing Today's Activity

Let the students know they'll be reflecting on how hope and resilience can be used, that they will be watching another wish video and then they'll share how the Hope Lanterns helped them stay positive, and that they'll be setting new goals for resilience.

Activity 1: Reflection on Using the Hope Lantern (5 minutes)

Class Discussion

Take out your Hope Lanterns and think about how you used them.

- How does using your lantern help you stay hopeful, like Make-A-Wish kids?"
- Did you use it during a difficult moment?

(Encourage sharing and discuss how their lanterns helped them stay resilient)

Reflection Journal

Have students write or draw about their experience using the Hope Lantern.

Ask:

- Did your lantern help you stay resilient?
- How did it make you feel?

Activity 2: Self-Assessment and Goal Setting (5 minutes)



Resilience Scale Reflection

Introduce the Resilience Scale (1-5). Have students rate their current resilience compared to before.

Rate how resilient you feel now, based on recent experiences.

1. I give up easily when things are hard.
2. I try, but I often stop when things feel too hard.
3. I sometimes keep going but need help or encouragement.
4. I mostly keep trying, even when I feel frustrated.
5. I stay positive and keep going, even when it's really tough.

Goal Setting

- "Set a personal goal for building resilience this week."
For students needing support, provide sentence starters:
- "When I feel ____, I will ____."

For more advanced students, encourage setting more challenging goals. E.g. This week, why not help other students to stay resilient.

Wrap-Up and Reflection (10 minutes)

Objective: Reflect on lessons learned and how hope and resilience can be used in the future. Choose from these questions:

Class Discussion

- Did your understanding of resilience change after using it? How?
- What actions will you take this week to show resilience?"

Encourage students to share personal stories and highlight how small actions show resilience.

- How can hope and resilience help you in the future?
- How can your Hope Lantern remind you to stay positive during tough times?



- Reinforce that hope and resilience help them overcome challenges in school, at home, and in friendships.

Optional Journal Reflection

Have students write or draw:

- "What's one way you can show resilience this week?"
- "Set a resilience goal for yourself."

If using digital portfolios, students can record a short video explaining their experience with the Hope Lantern and their goal.

Extension Activities (Optional)

- Resilience Role-Play: Practice role-playing scenarios where students respond with hope and resilience.
- Resilience Wall: Add sticky notes with positive affirmations, goals, or messages of hope.
- Peer Check-In: Pair students together to check in on each other's goals, providing encouragement and support.