



Who?

Mrs. Check (Safe Schools Professional) will be leading the group.

What?

In this support group, we will be completing and discussing uplifting exercises to help students develop a sense of hope.

When?

Every Monday during Enrichment for 8 weeks.

Please see schedule to view exact dates

Where?

Conference room to the left of lunch lines

Why?

Research suggests that Hope is a teachable skill, and Hopeful Minds is a free + available curriculum that's helped students all around the world!

Remember to have parent fill out consent form

"HOPE IS IMPORTANT
BECAUSE IT CAN MAKE
THE PRESENT MOMENT
LESS DIFFICULT TO BEAR.
IF WE BELIEVE THAT
TOMORROW WILL BE
BETTER, WE CAN BEAR
A HARDSHIP TODAY."

TRICH NHAT HANH

