

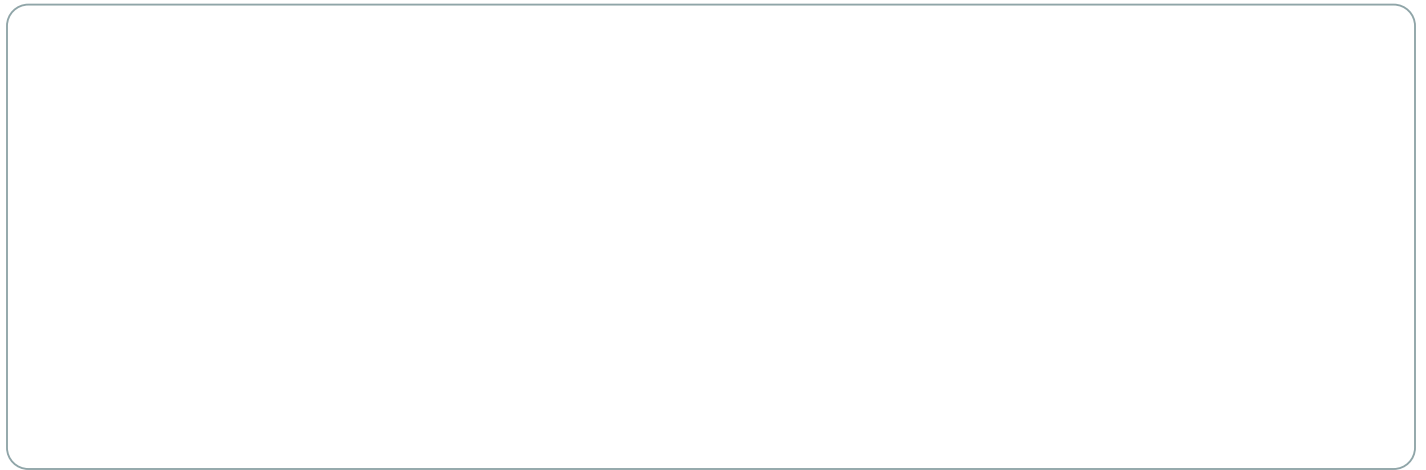
Hopetivism: Play, Talk & Create

Draw, write, talk, act it out, or pass. A grown-up can read with you.

Two things can be true

Zadda feels disappointed after the game. Draw or tell how he feels. Then notice one thing he did well. A hard feeling and a good thing can both belong.

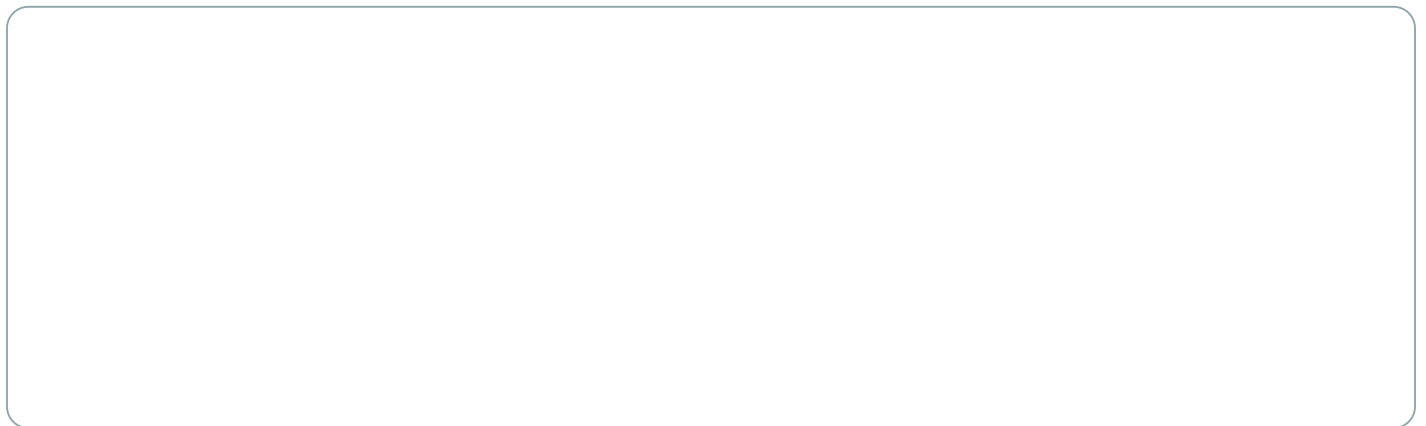
What would help him right now: company, a rest, a kind word, or something else?



My three good things

Zadda remembers getting up, stealing the ball, and scoring. Draw, write, or tell up to three good things from your day. A small effort or a person who helped counts. One is enough, and you can pass.

What would you like to remember tomorrow?



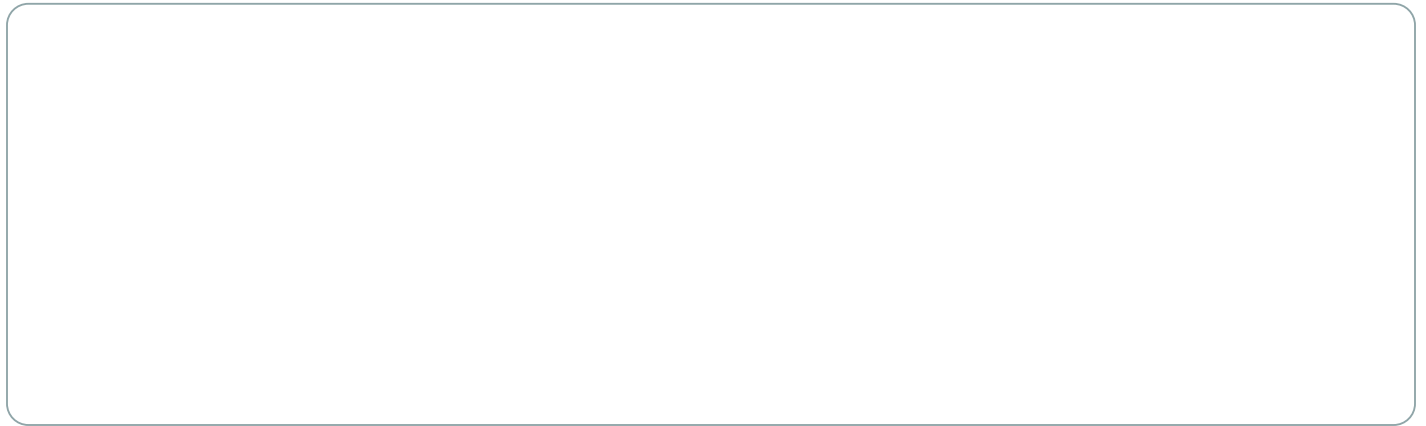
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A teammate's words

A teammate misses a shot and says, 'I can't do it.' Draw two speech bubbles. In one, ask how they feel. In the other, offer help without deciding for them. Try: 'Would you like company or help?'

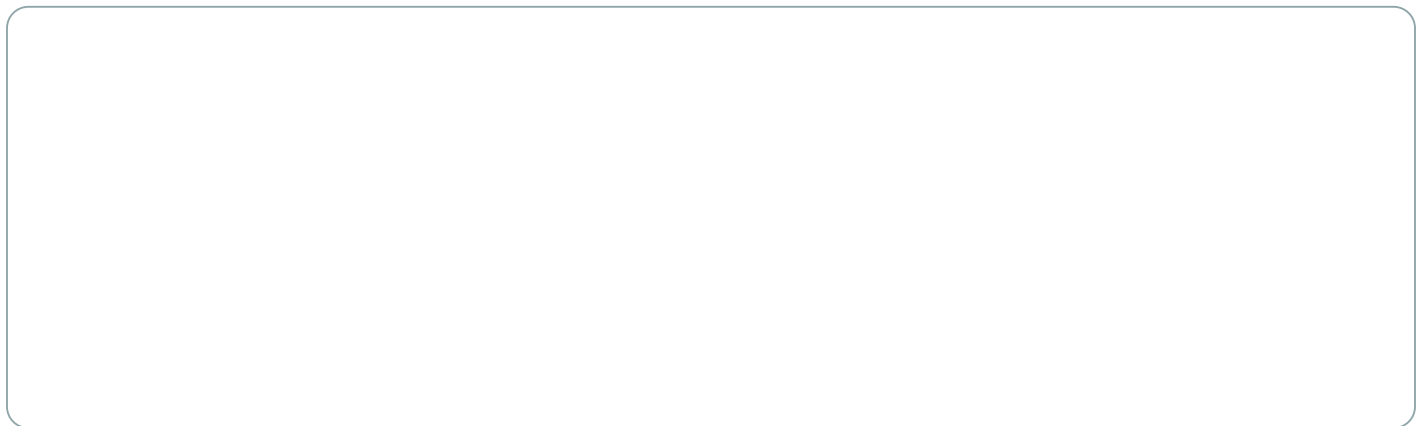
Take turns being the teammate and the listener. Leave time for an answer.



Our zig-zag challenge

With a grown-up, clear a small space and mark a zig-zag route with paper. Roll a soft ball, move a toy, trace with a finger, or describe the route. Take turns choosing a way everyone can join. Sticks and running are optional; a tabletop works too.

Draw your route below. What change made the game easier to join?



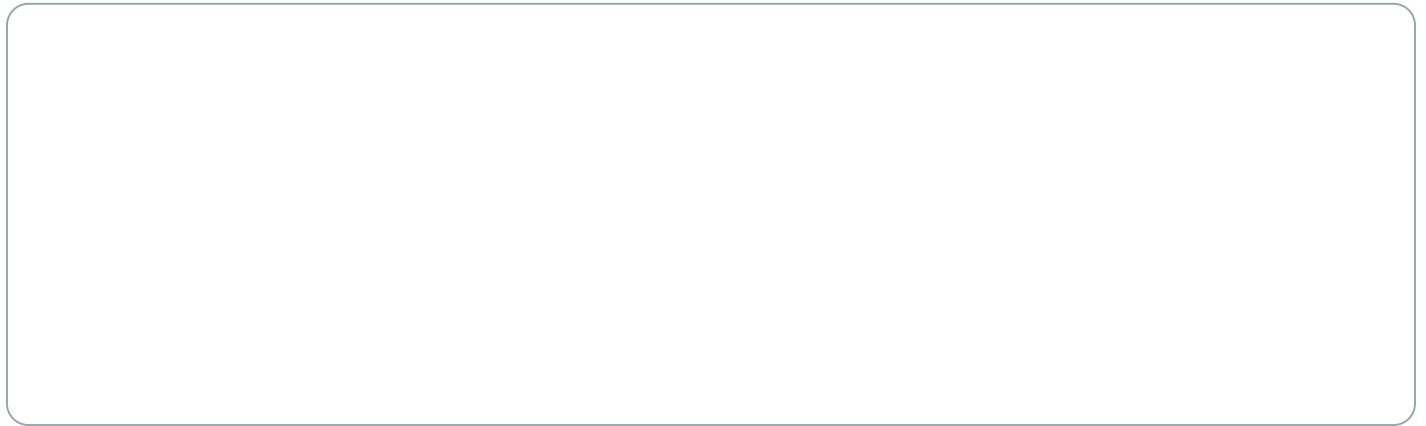
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Design a game with room

Hope uses a helper wing. Different players can use different tools and ways to play. Invent a game for two teammates. Draw the space, tools, and one rule that helps both take part. Ask each player what works for them.

Try your rule. What would the players change after one turn?



Our community, our strengths

This story began with a field hockey team creating a book together to support its program. Think of a group you belong to. Draw the people and the strengths each brings. Plan one small way to help together, such as welcoming someone or sharing a skill.

Who could you ask what help is wanted? Choose one first step with a grown-up.

