

## Jar of hope activity

### Your task:

To make a “Jar of hope” – a container for reminders of all the things you hope to do when coronavirus isolation measures are lifted.

### What you need:

- An empty jar
- Paper or card
- Coloured pens or paint
- Sticky tape to attach your label to the jar



### Introduction:

It can be so frustrating when we're locked indoors for long periods. All those things we want to do, but can't!

This might help: every time you think of something you can't do at the moment, write it down and put it in the jar. Then you'll have a jar-full of things to look forward to!

When the COVID-19 crisis is over, you can take out one or more memos each day, and really appreciate being able to do them.

### Instructions:

It's pretty obvious, really!

Decorate a label, attach it to your jar, leave a pen and a supply of slips of paper or card nearby... Sorted!

## Prompts to get you started!

- What are you missing most during COVID-19 restrictions? Why?
- What things do you hope to do when the COVID-19 restrictions are lifted?
- Which things might you enjoy more than usual, after this experience?
- Is there anything you now hope to do that you would not have considered before the pandemic?
- What are your hopes for other people after this crisis?
- What are your hopes for the world?