

Jar of Hope

The Jar of Hope:

This week, think about the things that make you hopeful in these hard times. Find an empty jar and decorate it as your Jar of Hope. You could use the template on the website.

Write down the things that you are missing doing at the moment and put them in the jar. This way, once the current crisis passes, you can look in your Jar of Hope and celebrate and appreciate being able to do things again.



"All it takes is one good person to restore hope."

Pope Francis



Inspired by your
Jar of Hope?

Design a poster with
things that make you
hopeful!

Find more resources at
cafod.org.uk/primary

If you want to
share your work,
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