

How to

Plant Seeds of Hope

“Create in me a pure heart, O my God, and renew a tranquil conscience within me, O my Hope!” –Bahá’u’lláh

Imagine our world at peace

Tell a friend what you admire about them

Take a walk in nature

Change a negative thought to a positive

Write 10 things you’re thankful for

Smile and wave at the neighbors

Make up a new dance

Ask a friend about hopes for their future

Call an elderly relative to say hello

Watch the sunrise or sunset

Plant a tree

Learn “Hello” in six languages

Give your teacher a homemade card

Look at your favorite photos

List five things you want to learn

Say a prayer for peace

Stop and feel the warm sun on your skin

Hug a parent or sibling

Investigate a job you’d enjoy

Draw your favorite place

Play a game with friends

Volunteer at a soup kitchen

List three life goals

Take a long look at the stars

Sing a song with your siblings

Cook or invent a new recipe

List three of your accomplishments

Collect food for a food bank

Loan a favorite book to a friend

Memorize an uplifting quote

See how many birds you can spot

Ask your parents how you can help

Gaze at the moon

Write a poem about your hopes

Find a hopeful story in the news

Learn a new joke




