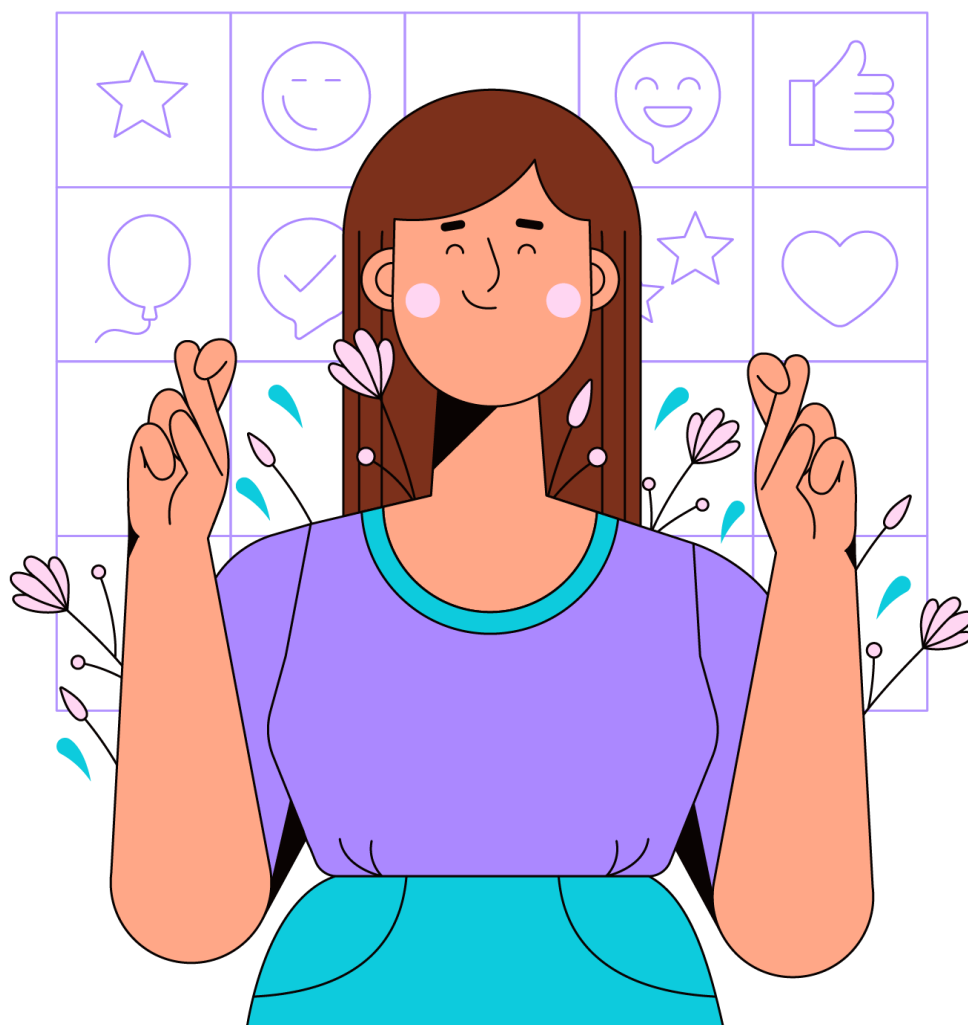


# :PERMA:DIGITAL

## WP3: Training and Capacity Building Development Module 3 - Unit 3.2

### *Lesson Plan 1* *Let's Talk About Hope: Emotional Literacy*



Lesson Title	Let's Talk About Hope: Emotional Literacy
<b>Connection to PERMA Digital Framework</b>	<ul style="list-style-type: none"> <li>● PERMA elements: positive emotions, meaning, accomplishment</li> <li>● DigComp: communication and collaboration</li> <li>● LifeComp: self-awareness, empathy, emotional regulation</li> </ul> <p><i>This lesson applies a <b>reflective and inquiry-based learning approach</b>, inviting students to explore the meaning of hope through storytelling, discussion, and digital expression. Guided by curiosity (“What gives me hope?”), learners make personal connections between emotions and life experiences while practising mindful digital use. The activities foster positive emotion and meaning by encouraging students to recognise sources of optimism and gratitude in their lives and to express them through digital artefacts on Padlet. Through collaborative sharing, learners also experience a sense of accomplishment as their hopeful messages contribute to a supportive class digital space, reinforcing empathy, reflection, and safe online interaction.</i></p>
<b>Duration</b>	45 minutes
<b>Age range</b>	Indicate target student group (e.g., 10–12 years, lower secondary).
<b>Objectives</b>	<p>By the end of the lesson, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Define the concept of hope using examples from personal experience and the class story.</li> <li>2. Create and illustrate a personal expression of hope through a digital artefact (text, image, or symbol) using Padlet or Google Docs.</li> <li>3. Reflect on how using technology to express hopeful thoughts supports their emotional well-being, empathy, and digital citizenship.</li> </ol>
<b>Setting</b>	Classroom or computer lab
<b>Required material/resources</b>	<ul style="list-style-type: none"> <li>● Book extract or text on Hope (e.g., illustrated SEL storybook).</li> <li>● Padlet or Jamboard for collaborative posts.</li> <li>● Coloured paper, pencils (optional).</li> </ul>

**Lesson activities**

*The activity helps students recognise what gives them hope and how they can share it with others through simple reflection and creative expression.*

**Prepare the Learning Environment (Before Class)**

- Before the lesson, create a shared [Padlet](#) wall titled “**Seeds of Hope**”. Enable moderation and comment approval for a safe digital space.
- Open a [Mentimeter](#) word-cloud slide titled “*What does HOPE mean to you?*”.
- Briefly remind students about **digital well-being norms**: respectful comments, balanced screen focus, and kindness online
- Optional: play calm background music from YouTube while students join the platforms.

*Teacher tip: Post digital safety reminders on screen: “Be kind – Be respectful – Think before you post.”*

**Step 1: Digital Story and Emotional Connection (10 min)**

1. Begin by playing a **short digital story or video** about hope. You may use: “[The Seed](#)” by Eric Carle, or read slowly a short story about hope (e.g., a book or a passage from a children’s language book).
2. After watching or listening, ask students to reflect:  
*“What do you think the story was really about?”*  
*“How did the characters show hope or courage?”*
3. Invite students to write one word or a short phrase that describes *hope* to them on the Mentimeter word cloud.
4. Display the live results and discuss emerging themes (e.g., growth, kindness, new beginnings).

**Step 2 – Personal Reflection and Creation (15 min)**

1. Share the editable “My Seed of Hope” worksheet (available below) via Google Docs.
2. Ask students to complete the prompts digitally. Encourage them to insert a small image or emoji that represents hope (e.g., a plant, a sunrise, or a heart).
3. Encourage short mindfulness breaks: look away from the screen for 10 seconds after each reflection to reset focus.

**“My Seed of Hope” Worksheet (Template)**

My Seed of Hope

1. Something I hope for this week is \_\_\_\_\_
2. When I find something hard, I remind myself that \_\_\_\_\_
3. A person or place that gives me hope is \_\_\_\_\_
4. Hope looks like / feels like \_\_\_\_\_

	<p>5. One small action I can take to grow my hope is _____</p> <p><b>Step 3 – Collaborative Sharing: The Digital Wall of Hope (10 min)</b></p> <ul style="list-style-type: none"> <li>● Ask each student to copy one line or image from their worksheet and post it on a class Padlet wall titled “Seeds of Hope.”</li> <li>● Remind them to post only positive and kind reflections.</li> <li>● Encourage students to read their peers’ posts and leave one encouraging comment (e.g., “That inspires me!” or “I feel the same way”).</li> <li>● As the teacher, project the wall and read a few aloud. Highlight the collective patterns — “Many of us find hope in people, nature, and learning new things.”</li> <li>● Briefly discuss:  <i>“How did it feel to share something hopeful online?”</i>  <i>“What makes digital spaces feel safe and positive?”</i></li> </ul> <p><b>Step 4 – Reflection and Closure (10 min)</b></p> <ul style="list-style-type: none"> <li>● Display the Mentimeter word cloud from Step 1 again. Ask:  <i>“Looking at our words, what do they tell us about how hope connects us as a class?”</i>  <i>“How has your idea of hope changed after reading, reflecting, and sharing digitally?”</i></li> </ul> <ol style="list-style-type: none"> <li>1. Invite students to complete a short self-check on digital well-being (verbal or written): <i>“Today, I used technology to…”</i> → (connect / create / reflect / help others)</li> <li>2. Conclude with a whole-class reflection. Ask students to finish one of these sentences:  <i>“Today, I realised that hope means…”</i>  <i>“One way I’ll share hope this week is…”</i></li> </ol> <p>Record a few final thoughts on the Jamboard as closing reflections. Save the Jamboard or Padlet and print a word cloud as a classroom poster — “Our Hopes Grow Here.”</p> <p>Thank students for sharing openly.</p>
<p><b>Assessment</b></p>	<p>Assessment in this lesson should focus on participation, reflection, and positive digital behaviour rather than formal grading.</p> <p>Teachers can:</p> <ul style="list-style-type: none"> <li>● Observe how students engage respectfully and collaborate online (e.g., contributions on Padlet or Mentimeter).</li> <li>● Review students’ digital reflections on Google Docs for thoughtfulness and creativity.</li> <li>● Ask students to complete a one-question digital check-in (e.g., on Mentimeter or Google Forms): <i>“How did this activity make you feel?”</i> or <i>“What gives you hope today?”</i></li> </ul>

	<ul style="list-style-type: none"><li>● Provide brief verbal or digital feedback (stickers, emojis, or positive comments) to reinforce effort and empathy.</li></ul>
<b>Additional Resources</b>	<p><a href="#">Common Sense Education Digital Citizenship Lessons</a>: Free resources to discuss kindness and empathy online.</p> <p><a href="#">SEL Reflection Prompts</a>: Quick check-ins for student emotional awareness.</p> <p><a href="#">Mindful Moments Mini-Toolkit for Teachers</a></p>

