



Suggested Family Activities for Nurturing Hope

2021 Hashtags: #CEW2021 #NurturingHope

Each day, we can do simple activities, individually or as a family, to act on the hope that dwells within us. These are suggestions for simple activities to reinforce hope for ourselves and others.

- Plant some seeds in peat pots and put them near a window. Document their growth on a chart.
- Have a family garden planning party. Draw out the plot of the garden and order seeds or buy them at the grocery store.
- Take part in a bird count or animal count. Go to Observation Nation (inaturalist.ca)
- Learn about saints who taught us about the environment. St. Kateri Tekakwitha, St. Francis of Assisi, St. Benedict of Nursia and St. Hildegard of Bingen are examples.
- Make a birdfeeder out of a milk carton or a plastic pop bottle, hang it outside on a tree and see which bird species come to the feeder.
- Go for a Nature Walk as a family and pray together to thank God for all the beauty you see.
- Do some research as a family on the night sky. Choose a moment when it is clear to see if you can identify some constellations.
- Write letters to family members that you haven't been able to see for a while.
- Create a fancy message of hope in chalk on your driveway or sidewalk for passersby to read or create a poster to put in a window.
- Write a postcard or note of thanks for frontline healthcare workers and drop this in the mailbox for a local hospital.
- Make cards or draw pictures for seniors in your community.
- Music makes us happy. Create a playlist of happy music, play this in your backyard or if you are able, send it to a family member whom you miss.
- Make a video or a recording, singing a favourite hymn. Send this to your parish priest. He needs support at this time.
- Look in your bible or go online to make a list of psalms that give hope.
- Write an acrostic poem about Hope...H is for happiness, O is for ongoing, P is for...etc.
- Write words of hope on index cards or paper and hang them from a tree in your yard for others to read.
- Go for a walk past your local parish. Stop in front of your church and say a prayer for your faith community.
- Look through a newspaper for stories of hope and talk about the stories.
- Put messages of hope on social media.