

Dr. Emma Woodward - Cultivating hope and the future focused child.

@sketched_em

Nga Matapuna o Nga Pakihi Kahui Ako
Together we achieve an engaged community of learners.

sketchnote by Emma Wilson - Lincoln Primary School

What future do you picture for your children?
What will their lives look like in 10 15 20 YEARS?

The Perfect storm...
- COVID19
- Tech + AI
- Modern Life
- War
- Climate change

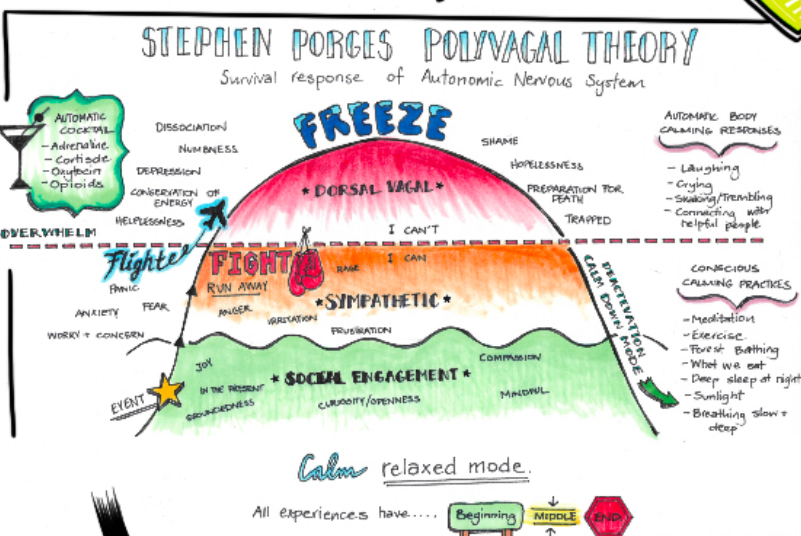
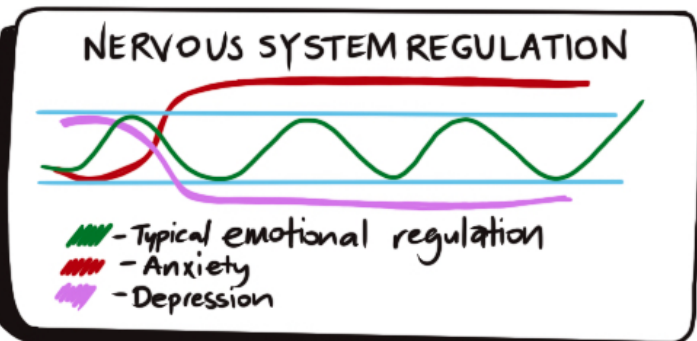
NZ students 2nd highest rate Bullying.

Highest rate of family violence.

Youth Suicide Rate highest OECD + EU.

BIG FEELINGS

BRAINS ARE AMAZING THINGS BUT..... Students still face
- anxiety
- worry
- depression
- stress



HOPE is an active state.
It is highly linked to our well-being.

Big difference between hope and OPTIMISM.

“HOPE is like a vaccine that can inoculate humans from the pain and adversity they will inevitably experience in their lifetime.”



HOPE

- ★ self control
- ★ sense of direction
- ★ will
- ★ agency

ACTS AS A BUFFER

ANXIETY - uncertain of the future.
DEPRESSION - purposeless, meaningless

HOPE - meaning, purpose, agency, direction



PATHWAYS - Learn how to regulate.

AGENCY - Learn the skills and self belief needed to reach goals.

Rainbows in the mind. (2000) R. Snyder

COMMUNITY

Kotahitanga

Build connections, be part of something bigger than oneself.

- Random acts of kindness - Give compliments

- Give someone a hug (20 seconds or more)

- Actively listen to another

- Get involved, volunteer

- Visit your place, your people

- Get some vitamin TREE

HE TANGATA

EMPATHY

Make positive experiences more available. GRATITUDE

* connectedness
- critical thinking skills
- communication
- Meta-data analysis

- Adaptability - Initiative
- Flexible thinking
- Social skills, collaboration
- Conflict resolution

* Availability * Sensitivity
* Acceptance * Co-operation
* Family membership

Thinking is NOT Caught. Solution focused mindset.

“We may not be able to change everything we want to about the world, but we can choose how we show up in relation to it.”

- Wonder + Awe 01
- 21st C Skills 02
- Emotional Regulation 03
- Cognitive Flexibility 04
- Values-Led Action 05

Cultivate awe and appreciation to build a sense of kaitiakitanga.

C.R. Snyder
“Cognitive rather than emotional process.”

Develop future focused skills.

Kia kaha - harness our emotions for resilience.

{√x} THE FORMULA FOR SUCCESS....

Develop self belief, agency + kotahitanga.

Be values-led (tika, pono + aroha)

HOW DO WE PURPOSEFULLY AND INTENTIONALLY CULTIVATE hope?