Exploring our hopes and dreams for the future

PSHE- Sharing our feelings.
We will all have different hopes and dreams—some for ourselves, some for others and some for the world we live in.

But what do the words ‘hopes’ and ‘dreams’ mean?

Share some of your ideas with another family member.
A feeling of expectation and desire for a particular thing to happen.
A cherished aspiration, ambition or ideal

e.g. Aminah has dreams of travelling the world.
What hopes and dreams do you have for yourself?

This may include:

• What you want to be when you’re older
  • A new skill you want to learn
  • Places that you would like to visit
  • Goals that you would like to achieve
What hopes and dreams do you have for your family?

This may include:

• Positive things you want to happen to them
• Things you want them to achieve
• Things you want to do with them
What are your hopes and dreams for the world?

This may include hopes and dreams for:

- The people of the world
  - Animals
- The environment
Speaking to others is a really great way to find out more about them. Why not speak to someone in your home about their hopes and dreams? You could even telephone or send a message to a family member or a friend.

Can you find any similarities between their hopes and dreams and yours? What are the differences?

Before telephoning or sending a message, please ask permission from your adult first.
• Hopes and dreams for myself

• Hopes and dreams for my family

• Hopes and dreams for the world
You could record your answers and their answers on this sheet.

**Hopes and Dreams**

Why not interview 2 people about their hopes and dreams so that you can find out more about them. You could also look for similarities and differences between your hopes and dreams and theirs. Start by writing your own hopes and dreams first then you could ask someone in your home about theirs. Or you might ring or send a message to a friend or family member. You can use this template below to record their responses or you could use a notebook or small pieces of paper - whatever is best for you.

(only ask permission from an adult before you ring or send a message)

<table>
<thead>
<tr>
<th></th>
<th>Hopes &amp; Dreams for myself.</th>
<th>Hopes &amp; Dreams for the world.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Self</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1st Person</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2nd Person</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Make your own ‘Hopes and dreams’ Jar or Bucket for a window sill in your house.

Hopes and dreams for myself

Hopes and dreams for our world

As well as being individuals, we are also part of the world.
Hopes and dreams for myself

Hopes and dreams for our world

Start by recording the hopes and dreams you have collected so far onto any paper or card you have at home. Can you sort which ones belong to hopes and dreams for yourself and which ones belong to hopes and dreams for our world?
Are any of our dreams similar?

Are there some hopes and dreams that matter to everyone?
Put your jar somewhere safe and when you think of any more hopes or dreams add them to your collection. After a while, look at your messages. Have any of your hopes and dreams come true? Is there anything you can do to make a difference?
You could make your own hopes and dreams mobile by copying your hopes and dreams onto stars and decorating each one!