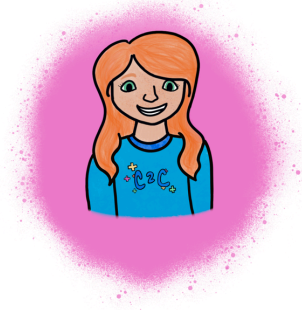# Molly's Path

### First Read the story "Molly's Path"

**Activity 1: Story Reflection**

After reading "Molly's Path," what are some feelings Molly experienced?

Draw or write about a time that you may have felt similar.

Molly found strength in remembering her purpose. What gives you strength when you're feeling sad?

Write about something that gives you strength.

## Activity 2: Empowering through choice

Molly realized she could choose her path even when things were hard.

Draw a path with two roads: one where you hold onto sadness and another where you find one small joy. Label them and discuss why choosing the joyful path can be powerful.
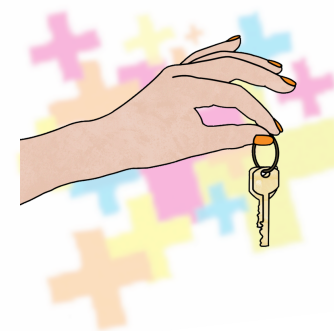
Define in your own words grief, resilience and hope. Brainstorm ideas of when change cna led to something positive in your life.

# Molly's Path

## Creating a Hope Jar

### Materials Needed

- A jar (mason jar, plastic jar, or any container with a lid)
- Small slips of paper or sticky notes
- Markers, pens, or pencils
- Stickers, ribbon, glitter, or any decorations for the jar
- Optional: Colored paper, crayons, or colored pencils for drawing

### What is a Hope Jar?

A "Hope Jar" is a personal collection of positive thoughts, wishes, or happy memories that students can create to boost their spirits whenever they need a reminder of their inner strength and the beauty in change.

### Directions

1. Decorate Your Jar:
   - Begin by decorating your jar with stickers, ribbons, or any creative touches that make it uniquely yours. You can write "Hope Jar," "My Happy Thoughts," or anything that feels special to you.
2. Writing or Drawing Your Hopes:
   - On small slips of paper, write down things that you're hopeful for, things that make you happy, or positive thoughts that help you feel strong and resilient. You can also draw pictures if that's how you prefer to express yourself.
   - Example ideas: "I am hopeful for a fun weekend with my family," "I feel strong when I help my friends," or drawings of things that make you smile like a pet, a favorite place, or a sunny day.
3. Filling the Jar:
   - Fold each slip of paper and place it inside the jar. You can add as many as you want, and there's no rush—this is an ongoing project you can keep adding to over time.

CHALLENGE TO CHANGE
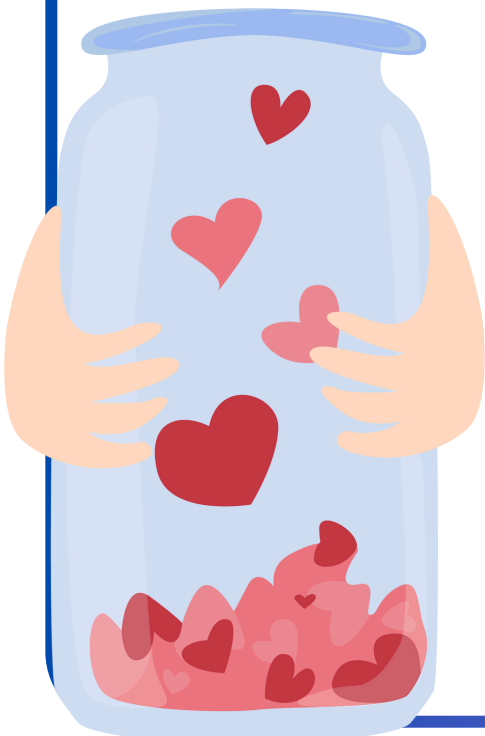
4. Using Your Hope Jar:
- Whenever you're feeling down, worried, or need a boost of positivity, take a moment to open your jar. Pick out a slip of paper and read or look at your hopeful thoughts and happy memories. Let them remind you of the strength you have inside and the beautiful changes life can bring.

5. Sharing Time (Optional):
- If you're doing this activity in a group, you can have a sharing time where students share one of their hopeful thoughts or drawings. This can create a sense of connection and remind everyone that hope and happiness are always within reach.

## Activity Reflection

The Hope Jar is a reminder that even on tough days, there are always good things to look forward to and memories that can lift us up.

This jar is your special place to store those thoughts and feelings, helping you embrace change with a positive mindset.

Keep adding to your jar whenever you need a dose of hope!

CHALLENGE TO CHANGE

# MINDFUL EDUCATION PLEDGE
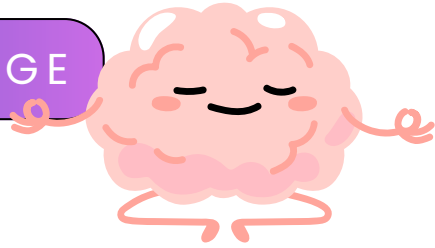
## I, Pledge to:

### Embrace Mindfulness:
I will take time each day to be present, notice my thoughts, and focus on what matters in the moment.

### Educate Myself and Others About Emotions:
I will learn to understand my emotions and help others recognize and express their feelings in healthy ways.

### Empower Through Kindness:
I will choose kindness, knowing that small acts of care and understanding can make a big difference in the lives of others.

### Breathe Through Challenges:
I will practice deep breathing and calming techniques when things get tough, finding peace in every breath I take.

### Lead by Example:
I will be a role model by showing respect, compassion, and mindfulness in everything I do, inspiring others to do the same.
This pledge is my commitment to being a mindful, kind, and empowered leader in my life and the lives of others.

Name _____     Date _____

CHALLENGE TO CHANGE