



California Social Emotional
Learning Modules

Professional Learning Toolkit

7.11 HOPE for Educators

8.11 HOPE for Students

Greater Good in Education



Topics 7 and 8: Mindfulness and Well-Being

Topic and Module Overview

Caring for Ourselves: The Science of Emotional Resilience	MOD 1.1	Understanding Your Emotions
	MOD 1.2	Navigating Your Emotions
	MOD 1.3	How to Be Kind to Yourself
	MOD 1.4	How to Be Compassionate Without Suffering So Much
	MOD 1.5	Self-Awareness, Emotional Resilience, and Equity
Safety & Belonging in Classrooms and Schools	MOD 2.1	Why Belonging Matters
	MOD 2.2	Knowing Ourselves First: Surfacing Our Beliefs About Social and Emotional Well-Being and Belonging in Schools
	MOD 2.3	The Questions of Belonging: Interventions to Help Students Feel Like They Belong
	MOD 2.4	Meeting Students' Psychological Needs to Help Them Feel Like They Belong
	MOD 2.5	Cultivating Belonging Through Teacher-Student and Peer Relationships
	MOD 2.6	Building a Belonging School Through Trust and Psychological Safety
Teaching for Social, Emotional, and Academic Development	MOD 3.1	Preparing to Support SEL in Classrooms
	MOD 3.2	Explicit SEL Instruction
	MOD 3.3	Planning for Social-Emotional-Academic Development
	MOD 3.4	Integrating SEL into Learning
Committing to Racial Equity and Cultural Responsiveness	MOD 4.1	Unpacking Our Identities: Addressing Identity, Power, and Privilege
	MOD 4.2	Engaging in Meaningful Conversations about Race and Equity
	MOD 4.3	SEL Instruction Through a Culturally Responsive Lens
	MOD 4.4	Elevating Student Voices
	MOD 4.5	Evaluating Our Systems, Policies, and Procedures
Addressing Trauma and Adversity: Supporting Student Mental Health	MOD 5.1	Defining and Understanding Trauma and Adversity
	MOD 5.2	Recognizing the Signs of Childhood Trauma and Adversity
	MOD 5.3	Creating Healing-Centered Environments
	MOD 5.4	Developmental and Other Strategies for Healing
	MOD 5.5	Mental Health Crisis Intervention: Steps and Strategies
Supporting SEL through Family and Community Engagement	MOD 6.1	Exploring Family and Community Engagement with an SEL Lens
	MOD 6.2	Building Partnerships with and Honoring the Contributions of Diverse Families
	MOD 6.3	Listening and Communicating Effectively with Families
	MOD 6.4	Expanded Learning and SEL: Collaborating Across In-School and OST Contexts
	MOD 6.5	Aligning around SEL Through Community Partnerships



Topic and Module Overview


Mindfulness and Well-Being for Educators	MOD 7.1	Purpose for Educators
	MOD 7.2	Self-Compassion for Educators
	MOD 7.3	Kindness and Compassion for Educators
	MOD 7.4	Gratitude for Educators
	MOD 7.5	Awe for Educators
	MOD 7.6	Courage for Educators
	MOD 7.7	Empathy for Educators
	MOD 7.8	Mindfulness for Educators
	MOD 7.9	Humility for Educators
	MOD 7.10	Forgiveness for Educators
	MOD 7.11	Hope for Educators
Mindfulness and Well-Being for Students	MOD 8.1	Purpose for Students
	MOD 8.2	Self-Compassion for Students
	MOD 8.3	Kindness and Compassion for Students
	MOD 8.4	Gratitude for Students
	MOD 8.5	Awe for Students
	MOD 8.6	Courage for Students
	MOD 8.7	Empathy for Students
	MOD 8.8	Mindfulness for Students
	MOD 8.9	Humility for Students
	MOD 8.10	Forgiveness for Students
	MOD 8.11	Hope for Students



Learning Objectives

TOPICS 7.11 and 8.11:

HOPE for Educators and Students

Module	7.10 Hope for Educators	8.10 Hope for Students
Learning Objectives	<ul style="list-style-type: none"> • Understand the meaning of hope • Explore how hope can support your teaching and well-being • Investigate the various ways you can enhance hopefulness and practice hope in your life, at school and outside of work 	<ul style="list-style-type: none"> • Understand the meaning of hope, particularly as it relates to students • Explore how hope can support students' well-being, resilience, and success in school • Investigate the various ways you can create classrooms that support hope or help students build or harness hope on a daily basis
California Standards for Teaching Profession (CSTPs) 2024 CSTPs (full.pdf) 	<p>CSTP 1: Engaging and Supporting All Students in Learning 1A: Focus on Students (1A-1); 1B: Knowledge of Students (1B-5); 1C: Student Backgrounds and Family Engagement (1C-1); 1D: Diversity and Equity (1D-1)</p> <p>CSTP 2: Creating and Maintaining Effective Environments for Student Learning 2A: Learning Environment (2A-4); 2B: Student Behavior (2B-5); 2C: Organizational and Resource Management (2C-1); 2D: Inclusive Environment (2D-3)</p> <p>CSTP 3: Understanding and Organizing Subject Matter for Students 3A: Knowledge of Subject Matter and Pedagogy (3A-3); 3B: Connecting Subject Matter to Real-World Contexts (3B-4); 3D Content and Skills across Subjects (3D-4); 3E: Curriculum Materials and Resources (3E-4)</p> <p>CSTP 4: Planning Instruction and Designing Learning Experiences for All Students 4B: Designing and Developing Instruction for Student Learning (4B-5); 4C: Facilitating Instruction for Student Learning (4C-5); 4D: Adapting Instruction for Student Learning (4D-3)</p> <p>CSTP 6: Developing as a Professional Educator 6A: Reflection on Practice (6A-2); 6B: Focused Professional Learning (6B-1); 6C: Collaboration with Colleague (6C-4); 6D: Collaboration with Families, Guardians, and the Community (6D-2); 6F: Activating Access and Equity (6F-4); 6G: Personal Growth and Well-Being (6G-2)</p>	
CA TSEL Guidelines Sourced from CDE (July 2023)	Link Objectives to Developmental Indicators in California Transformative SEL Competencies . The California Department of Education (CDE) aims to support and advance the efforts of educators across California who are working to fully integrate systemic SEL and equity by building on the promise of T-SEL as a concept.	

Additional Resources

7.11 and 8.11: HOPE for Educators and Students

Articles (Adult-Oriented)

[Americans Still Have Hope for Democracy, Despite Everything](#) Americans remain hopeful about democracy despite fears of its demise—and are acting on that hope.

[Can We Be Hopeful and Courageous in the Face of Climate Change?](#) A teenager draws on the work of Martin Luther King Jr. for inspiration in the fight against climate change.

[Eight Ways You Can Feel More Hopeful—Even in Dark Times](#) A new book makes the case that hope is the right response when we are facing difficulties in our lives.

[How Hope Can Keep You Happier and Healthier](#) Dr. Everett Worthington Jr. discusses how hope is more than just positive thinking.

[How to Find Hope When You're Feeling Cynical](#) A new book explains the drawbacks of cynicism and how we can overcome it without being too naive.

[Seven Ways to Feel Hopeful About Climate Change](#) You can shift your mindset and take small actions to combat climate anxiety and despair, according to our Science of Happiness podcast guests.

[Three Ways to Feel More Hopeful as an Educator](#) When you feel helpless, deflated, or burned out at work, it's possible to find a will and a way forward.

[Why We Need Hopeful News](#) Reading news stories that offer solutions and hope can make us more engaged with the news.

[How to Choose Goals That Make You Come Alive](#) Research on the components of well-being can help us choose goals that we'll stick to.

Articles (Student-Oriented)

[How to Help Students Believe in Themselves](#) New research on hope suggests that believing that you "can" is critical to success.

[How to Help Students Develop Hope](#) According to research, hope is key to academic achievement--and it's a skill students can develop over time. Here's how.

[Why Marginalized Students Need Hope to Succeed](#) Researcher Dante Dixson is developing programs to help disadvantaged students envision a brighter future for themselves.

Podcasts and Happiness Breaks

[The Case for Hope, With Rebecca Solnit \(The Science of Happiness Podcast\)](#) [23:20] In the first episode in our series Climate, Hope and Science, we explore how embracing uncertainty enables us to move beyond climate anxiety and despair to hope and action, with author and activist Rebecca Solnit.

[How to Feel More Hopeful \(The Science of Happiness Podcast\)](#) [22:31] How can we build a sense of hope when the future feels uncertain? Poet Tomás Morín tries a writing practice to make him feel more hopeful and motivated to work toward his goals.

[Happiness Break: Visualizing Your Purpose](#) [9:02] Finding a greater sense of purpose can help us achieve our goals and strengthen our relationships. Dacher leads a meditation to find purpose by imagining a better world.

Additional Resources

7.11 and 8.11: HOPE for Educators and Students

Customizable Slides for Students

What is Hope?

Download and customize [these slides](#) to teach students about hope.

Videos

[The Science and Power of Hope | Chan Hellman | TEDxOklahomaCity](#) [20:26] Dr. Chan Hellman shares that there is both science and power in hope to help people create the change they want in life.

[Lester Strong Meditation for Purpose](#) [4:45] Lester Strong is the founder of the [Peaceful Guardians Project](#), which serves as a bridge-building tool to foster greater communication and trust between groups with strongly divergent views. He is the former chief executive of AARP Foundation Experience Corps, which tutors and mentors 30,000 elementary school students with reading deficits annually in 23 cities across the United States. He was also a television journalist and producer for 25 years in New York City, Boston, Atlanta and Charlotte, and he has studied and practiced Eastern philosophies and meditation for four decades in India, Australia, Europe, and the United States.

PRACTICES for Students

[Awe-Inspiring Affirmations](#) (Upper elementary - High school) Students watch an awe-inspiring video, then build on the positive emotions they experience by writing a personal affirmation. (less than 30 minutes)

[Finding Awe In Everyday Moral Beauty](#) (Middle school - High school) Help students explore the everyday acts of kindness and courage, experience an “awe” moment, and feel more hopeful, connected, and inspired to be prosocial. (less than 1 hour)

[Inspiring Climate Awareness Through Gratitude](#) (Pre-K - High school) Students write about something they are grateful for in nature, reflect on how climate change can affect the thing they are grateful for, and consider what they can do to help preserve nature. (less than 30 minutes)

[Purpose Compass](#) (Middle school - High school) Students generate purposeful project ideas by personally identifying (1) a need in the world that moves them, (2) their skills and abilities, and (3) something they find joy and value in. (less than 1 hour)

[What Is A Flourishing Life?](#) (High school) Students explore and write about what makes a good life, using Aristotle as a guide. (Multiple sessions)

PRACTICES for Adults

[My Story of Meaning](#) Create a timeline of the turning points of your life. Next, reflect on who you want to become moving forward and set a personally meaningful goal that contributes to the world. Close by pondering your awe-inspiring life journey so far. (less than one hour)

[Self Check-In Journal](#) Use a values-informed reflective process to make ethical decisions with open-mindedness, integrity, equity, and justice in order to respond in a meaningful and responsible manner. (15 minutes)

[Use Your Strengths](#) Choose a personal strength, write how you're going to use the strength today, and then carry out your plan. (15 minutes)





TAKE IT DEEPER:

Planning for Hope 1 of 2

1. Reflect on a personal or professional goal:

Think about a goal you have for yourself—whether it's related to your teaching, personal growth, or a project you're passionate about. Write down this goal clearly.

2. Break down the goal:

Identify 2-3 smaller steps needed to achieve this goal. For each step, jot down what specific actions you will take to accomplish each step.

3. Identify resources:

Reflect on the internal and external resources that can support you in reaching this goal. Internal resources might include your skills, knowledge, or past experiences. External resources could be support from colleagues, professional development opportunities, or structural/institutional resources.

4. Anticipate obstacles:

Consider potential challenges you might face while pursuing this goal. Write down any obstacles you foresee and brainstorm strategies to overcome them.



Module 7.11

Hope for Educators



TAKE IT DEEPER:

Planning for Hope 2 of 2

5. Visualize success:

Imagine yourself achieving the goal. How does it feel? What does success look like? Jot down a few notes describing this positive outcome.

6. Create an action plan:

Based on your reflections, outline a brief action plan with specific steps, timelines, and any adjustments needed to your initial goal.

7. Commit to action:

Write down one concrete action you can take in the next week to move towards your goal. Set a reminder for yourself to follow through.

8. Reflect on your experience:

Take a few minutes to reflect on the process. How does it feel to break down the goal and plan for potential obstacles? How has this activity impacted your sense of hope?

Hope is a powerful motivator. By taking the time to plan and anticipate challenges, you're actively building the hope needed to achieve your goals.





TAKE IT DEEPER:

A Quest for Hope: Your Adventure in Goal-Setting! 1 of 2

1. What Matters Most?

Think about what really matters to you. What do you want people to remember you for when they look back on your life? Share why it's important!

2. Make Your List!

Write down all the things that are super important to you! Here are some ideas to get you started:

- Family
- Friends
- School
- Sports
- Arts
- Environment
- Helping people
- Justice and equity
- Future career

3. Choose a Category to Boost!

Pick one area you'd like to improve. Then, come up with 2-3 awesome goals that are specific and easy to measure. Let's focus on solutions!



TAKE IT DEEPER:
A Quest for Hope: Your Adventure in Goal-Setting! 2 of 2

4. Rank Your Goals!

Now, put your goals in order from most important to least important. Which one do you really want to tackle first?

5. Map Out Your Steps!

Take your top goal and break it down into smaller steps. What do you need to do first to reach that goal? What are the next steps? Make it a clear path!

6. Plan for Obstacles!

Sometimes things don't go as planned. Think about one challenge you might face while working on your goal. Can you come up with a different way to get around it? Visualize your backup plan!