

Activity

Make a star to represent your hopes and dreams, and add it to a canopy of stars representing everyone's hopes and dreams in the run up to Christmas.

This activity involves learning how to sense values (what is really important) and a feeling of challenge (working out how to put that into practice). It provides an opportunity for participants to reflect in small groups or individually, and then come together to make a collaborative display which would be particularly appropriate in the run up to Christmas.



Notes for Session leaders:

General Session

This is a general session designed to be of broad appeal where there isn't the possibility to split up into smaller groups.

Read the following and then encourage participants to reflect on the questions:

It would be easy to write "a happy life" or "world peace" or a "Go Pro Hero 4 (black)" but is that a real hope or dream? Having high ambitions and being a "confident individual" is good, but this is also an opportunity to test your dreams and pick hopes you can "effectively contribute" to making happen. If you let yourself become aware of what you really hope for you might be able to picture a real dream you can work towards.

Some questions to help them reflect:

What is the difference between wishful thinking and hoping?

Under what circumstances is it safe/healthy to hope for something that is beyond your expectations?

If you really 'have' hope, then how will that affect your behaviour?

Remind participants that the star will be public, they should make personal notes on a sheet of paper which they will keep and then use the star to symbolise them publicly and in a way that wouldn't be hurtful if it went global on youtube.

The star, just left plain, can represent a hope. Just the act of making and hanging a star can be a powerful way to start to put their journey towards the hope in to practice. Such a journey would be an example of exercising faith. They could also write or draw on the star to help them express the hope. This can be done in silence, or some people find it easier to work out these things by talking it over with someone. Check that there is space for participants to enjoy both.

Tailored Questions

The following are a range different approaches to the task of refining and expressing a real hope. Participants are given the choice of Engineer, Scientist, Artist/poet and Dreamer but are not told the details of each activity until they are sitting in their groups. All areas will result in a star and think about the same issues, but use different learning styles. Information about the different approaches can be made available for those who wish to continue the activity at home or at other times, but there will probably only be the chance to try one method in a session. The following notes are to provide group leaders with an overview and a range of questions to help them facilitate the group.

Engineer

Construction star. Technical detail and engineering challenge to make a star accurately using craft skills. Making the star and doing it well is an expression and exploration of hope in itself, as well as a focus for expressing more personal hopes.

- Do real stars look like this? This shape is a representation of a star, or what people think is important about a star – what is important about the shape to make it do this well?
- As you fold the paper, think about/discuss how you can straighten out your life and make it run true to towards your hopes.
- Some hopes are more difficult to achieve than others, in what ways can other people help you choose realistic hopes and achieve them. Family? Friends? School/Teachers?

[materials needed: Geometric star instructions, paper/card, glue, paper for notes]

Scientist

Ready-made star. Star is ready to express the results of a more analytical approach to refining hopes. The thinking and analysis is more important than the construction or personal expression.

- Write down a selection of hopes, then choose one or two that mean most to you to think about in more detail.
- Is this hope more like a short term goal, a longer term aim or something which will affect your whole life?
- What could be the consequences of picking this as a hope? How could it affect your life practically?
- What steps do you need to take in order to check that the hope is a beneficial thing and in order to make it achievable?

S.M.A.R.T. – Specific, Measurable Achievable Realistic Targets!

[Materials needed: Ready-made stars you can write on, pens, paper for taking notes]

Artist/Poet

Use snowflake method of cutting away from folded paper to make a unique star. The making of the star and flexibility to make it personal and expressive is an integral part of the activity, and the process of making could help the participant discover and refine the hopes they are focusing on.

- Draw the shape of a star on a blank piece of paper. Fill it with words which describe stars, your hopes and what stars mean to you.
- Are there any words which stand out? Choose some and doodle them while you think/chat about your hopes.
- Select one hope at a time, and think about how you could express what it really means to you – privately for yourself or publicly using words, a poem or drawing
-

[Materials needed: Snowflake star instructions, paper/card, pens, scissors, paper for notes]

Dreamer

Ready-made star, but with easy to draw on surface. Space to think, absorb and process the information would probably be helpful. The simple act of choosing a star, or sticking a sticky label on it might be all they need to express some really deep thinking.

- Take a moment to process what you have heard. You may wish to meditate or pray, or doodle on the paper to help you do this.
- What were your feelings during the presentation and discussion about hopes and dreams?
- What would your ideal world look like, and where do you see yourself in it? (Think positively! You can refine your hopes later, but this is a time to dream.)
- Focus on one hope at a time, imagine what the world would look like if it actually happened.
- What would you have to change in your lifestyle – or what would have to change in the world around you to make this dream real? Pick a star and make a mark on it to symbolise your decision to try and make it happen.

[Materials needed: Ready-made star, pens, paper for notes]

Collaborative display

Stars which are completed in the session can be collected and added to the display, resources could be made available for participants to participate at home. As the stars are displayed in a communal space, other users in the community may start to ask what they mean. If in a school, Pupils and staff could then provide resources (at lunch, Break etc.) for other pupils to think about the display and then contribute their star.

In this way time invested in one class, helping them complete the activity, could be rolled out through the school with those willing to participate helping others learn and practice the skill of learning to formulate real hopes, that they can have faith in, and hopefully achieve. This would also make the project a whole community celebration of each individual's hopes and dreams.

Taking it further

Online display

You could take the star online using #DHStar #SensingValues #SensingSpirituality Take a photo of your star and write a short tweet or Instagram or whatever to help focus on the hope and contribute your invisible thoughts to an online display of everyone's visible expression of hopes.

(Always remember that once you write something down it could be seen by anyone.)

These online thoughts and stars could then be projected onto a wall at an assembly or featured on a website using a twitter/Instagram feed.

Participant handouts

General

Learning type specific

“Turn your hope into a star”

Engineer “Engineer a Star”

Scientist “Purest gold Hopes”

Artist “Your Star in the Sky”

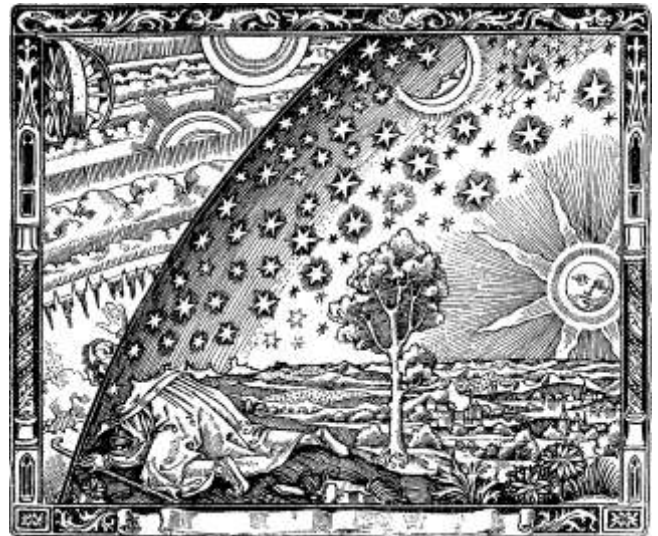
Dreamer “Dreams to Reality”

Turn your hope into a star

1. Read the following and then think about it:

It would be easy to write “a happy life” or “world peace” or a “Go Pro Hero 4 (black)” but is that a real hope or dream?

Having high ambitions and being a “confident individual” is good, but this is also an opportunity to test your dreams and pick hopes you can “effectively contribute” to making happen. If you let yourself become aware of what you really hope for you might be able to picture a real dream you can work towards.



[Camille Flammarion](#), *L'Atmosphère: Météorologie Populaire* (Paris, 1888), pp. 163

Some questions to help:

What is the difference between wishful thinking and hoping?

Under what circumstances is it safe/healthy to hope for something that is beyond your expectations?

If you really ‘have’ hope, then how will that affect your behaviour?

2. Write down some hopes, and pick one that could be a real hope.

3. Write, draw or make a star to symbolise this hope. It can then be added to a display of everyone’s stars. The invisible hopes, symbolised by stars, become a visible display – lights going on in the sky!

Remember that the star will be public, make personal notes on a sheet of paper which you will keep and then use the star to symbolise them publicly and in a way that wouldn’t be hurtful if it went global on youtube.

The star, just left plain, can represent a hope. Just the act of making and hanging a star can be a powerful way to start to put your journey towards the hope in to practice. Such a journey would be an example of exercising faith. You could also write or draw on the star to help you express the hope. This can be done in silence, or some people find it easier to work out these things by talking it over with someone.

Engineer a Star

1. Read the following and then think about it:

It would be easy to write "a happy life" or "world peace" or a "Go Pro Hero 4 (black)" but is that a real hope or dream?

Having high ambitions and being a "confident individual" is good, but this is also an opportunity to test your dreams and pick hopes you can "effectively contribute" to making happen. If you let yourself become aware of what you really hope for you might be able to picture a real dream you can work towards.

Some questions to help you think it through:

What is the difference between wishful thinking and hoping?

Under what circumstances is it safe/healthy to hope for something that is beyond your expectations?

If you really 'have' hope, then how will that affect your behaviour?

2. Write down some hopes, and pick one that could be a real hope.

Making your star and doing it well can be an expression and exploration of hope in itself, as well as a focus for you to express more personal hopes.

Do real stars look like this? This shape is a representation of a star, or what people think is important about a star. The points are geometrical shapes, if the folds are straight and the triangles are symmetrical, then the whole star will look "right". Just like a person can tell the truth, a shape or a corner can be true – or wonky.

As you fold the paper, think about/discuss how you can straighten out your life and make it run true to towards your hopes.

Some hopes are more difficult to achieve than others, in what ways can other people help you choose realistic hopes and achieve them. Family? Friends? School/Teachers?

3. Follow the instructions to make a star to symbolise this hope. It can then be added to a display of everyone's stars. The invisible hopes, symbolised by stars, become a visible display – lights going on in the sky!

Remember that the star will be public, make personal notes on a sheet of paper which you will keep and then use the star to symbolise them publicly and in a way that wouldn't be hurtful if it went global on youtube.



Purest Gold Hopes

1. Read the following and then think about it:

It would be easy to write “a happy life” or “world peace” or a “Go Pro Hero 4 (black)” but is that a real hope or dream?

Having high ambitions and being a “confident individual” is good, but this is also an opportunity to test your dreams and pick hopes you can “effectively contribute” to making happen. If you let yourself become aware of what you really hope for you might be able to picture a real dream you can work towards.

Some questions to help you think it through:

What is the difference between wishful thinking and hoping?

Under what circumstances is it safe/healthy to hope for something that is beyond your expectations?

If you really ‘have’ hope, then how will that affect your behaviour?

2. Write down some hopes, and use this method to refine them into one real hope.

S.M.A.R.T. – Specific Measurable Achievable Realistic Targets!

Early in the history of modern Science Alchemists would conduct experiments to turn metal like lead into pure gold. They were not (just) trying to get rich. They were driven by a desire to discover the true nature of existence, and as pure gold does not rust it was a practical experiment which also symbolised a philosophical/scientific hope.

3. Think about these questions, make notes if that helps

Look at your selection of hopes, then choose one or two that mean most to you to think about in more detail.

Is this hope more like a short term goal, a longer term aim or something which will affect your whole life?

What could be the consequences of picking this as a hope? How could it affect your life practically?

What steps do you need to take in order to check that the hope is a beneficial thing and in order to make it achievable?

4. Write or draw a word to symbolise you hope on your star. It can then be added to a display of everyone’s stars. The invisible hopes, symbolised by stars, become a visible display – lights going on in the sky!

Remember that the star will be public, make personal notes on a sheet of paper which you will keep and then use the star to symbolise them publicly and in a way that wouldn’t be hurtful if it went global on youtube.

Your Star in the Sky

1. Read the following and then think about it:

It would be easy to write “a happy life” or “world peace” or a “Go Pro Hero 4 (black)” but is that a real hope or dream?

Having high ambitions and being a “confident individual” is good, but this is also an opportunity to test your dreams and pick hopes you can “effectively contribute” to making happen. If you let yourself become aware of what you really hope for you might be able to picture a real dream you can work towards.

Some questions to help you think it through:

What is the difference between wishful thinking and hoping?

Under what circumstances is it safe/healthy to hope for something that is beyond your expectations?

If you really ‘have’ hope, then how will that affect your behaviour?

2. Write down some hopes and dreams and keep them in front of you.

Every snowflake is unique, but melts with the gentlest breath. Use this activity to catch your dreams and focus on them. The process of making a unique star can help you explore your dreams and express them so that you can see them more clearly. Treasure the time you have for this activity, and you will be able to produce something personal that will help shed light on your hopes.

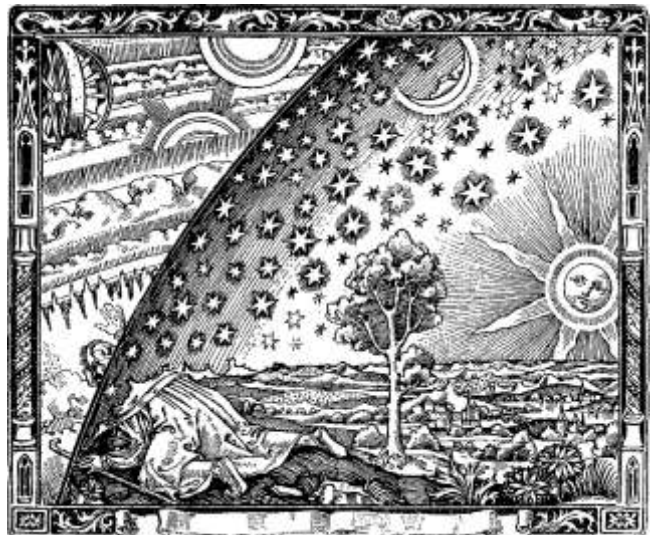
3. Draw the shape of a star on a blank piece of paper. Fill it with words which describe stars, your hopes and what stars mean to you.

4. Are there any words which stand out? Choose some and doodle them while you think/chat about your hopes.

5. Select one hope at a time, and think about how you could express what it really means to you – privately for yourself or publicly using words, a poem or drawing

6. Using either the piece of paper you have been writing/drawing your thoughts on or a fresh piece, fold and cut it according to the instructions to make your star.

7. Add some finishing touches to your star. It can then become a part of a display of everyone’s stars. The invisible hopes, symbolised by stars, become a visible display – lights going on in the sky!



[Camille Flammarion](#), *L'Atmosphère: Météorologie Populaire* (Paris, 1888), pp. 163

Crucial Daydreaming

Read the following and then think about it:

It would be easy to write “a happy life” or “world peace” or a “Go Pro Hero 4 (black)” but is that a real hope or dream?

Having high ambitions and being a “confident individual” is good, but this is also an opportunity to test your dreams and pick hopes you can “effectively contribute” to making happen. If you let yourself become aware of what you really hope for you might be able to picture a real dream you can work towards.

1. Take a moment to process what you have heard. You may wish to meditate or pray, or doodle on a piece of paper to help you do this.
2. What were your feelings during the presentation and discussion about hopes and dreams?
3. What would your ideal world look like, and where do you see yourself in it? (Think positively! You can refine your hopes later, but this is a time to dream.)
4. Focus on one hope at a time, imagine what the world would look like if it actually happened. How would you feel?
5. What would you have to change in your lifestyle – or what would have to change in the world around you to make this dream real?
6. Pick a star and make a mark on it to symbolise your decision to try and make it happen. The page you were doodling and making notes on could become the first page in a blog describing your hope becoming a reality.
7. Your star can now become a part of a display of everyone’s stars. The invisible hopes, symbolised by stars, become a visible display – lights going on in the sky!

