



Hopeanuary 2026

I wonder how many things you can tick off in the month of January?

- Kindness Jar: Each day, add a note about one kind thing you did or saw

- Hope Cards: Make cards or drawings for others to make them smile!

- Secret Helper: For a day or week, quietly help someone (clean up, share, encourage)

- Gratitude Messages: Record short thank-you videos or make notes for people you appreciate

- "My Future" Drawing: Draw or write about what you hope the world will be like in the future.

- Music for Joy: Create a playlist or perform a song that makes people feel happy

- Story of Courage: Write or tell a story where a character overcomes something hard

- Plant Something: A seed, flower, or tree—watching it grow teaches patience and hope

- Clean-Up Mission: Tidy part of your home, or school area and celebrate the difference.

- Reuse Challenge: Turn "rubbish" into art or useful objects.

- "I Can" List: Write or draw things you are proud of learning or trying.

- Goal Ladder: Pick a small goal and break it into steps that you can climb.

- Bravery Journal: Note moments when you have tried something even if you felt scared.



My name..... Class.....

You can add photos or notes of things you are most proud of below,

What was your favourite Hopeanuary task and why?

