



History *Mothers In Crisis, Inc.* founded National Month of Hope to help spread hope around the world.

Children

Take & Make:

Grow, Build, Share, Give, Reach for Goals, Connect, Be Grateful [Activities](#)

Read:

[Hope--Books for Kids](#) by Bookroo

Activity:

From Lundvt.org-Ways to Celebrate Hope:

- Encourage family, friends, co-workers, and colleagues
- Give time, food, and money to help local families in need
- Post on social media words of hope with hashtag #thinkhope
- Share your story of overcoming and going through hard times
- Read to children
- Smile, wave to someone from a safe distance and say “*Happy Month of Hope!*”
- Clean up areas where there is trash such as parks and neighborhoods

Teen/Adult

Take & Make:

Activity:

- Hold a [Hope Challenge](#) in your community
- [What is Hope in Psychology + 7 Exercises & Worksheets](#) ~ Positive Psychology
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[180 Hope Quotes](#)