



# Values @ Home

Welcome to 2026! We are starting this year by thinking about the value of Hope. January is a great time to think about our hopes for the months ahead both individually and as a family.

In school the children will be thinking about their hopes for the year. These might be about improving an aspect of their school work, or possibly getting on better with friends or siblings. Some classes have also been thinking about Hope in a broader context by talking about hopes for their community and wider world.

## Family Hopes for 2026

We will be talking to the children about how your hopes often don't just 'happen'. If you want to make a change then you need to do something about it - it might mean practising something or doing something proactively. On Google Classroom you can also find 'Rays of Hope' you can complete as a family and display at home.

Write your family's hopes in the suns at the top, these could be collective or individual. Then write underneath what you are going to do to try and achieve these hopes. You could colour in the suns as you achieve them to celebrate!

## The Power of Yet

For a child, the world is full of things they are learning to do. This can be frustrating as they work on developing their skills. Teaching them the 'Power of Yet' reframes this into a hope for the future.

When a child says, "I can't do this," it feels like a "fixed" statement that implies they lack the ability. If we add the word "yet," the sentence becomes: "I can't do this yet." which changes the focus to the effort.

*"Hope is being able to see that there is light despite all of the darkness." — Desmond Tutu*



## January 2026 - Hope

