IMAGINATION FUELS HOPE

Imagination is the instrument of hope!
Use this activity to create fun, future memories about your family. Get creative, and have fun.

1

What is the goal? What do the characters want?

2

Who are the characters, and where are they?

3

What is the problem they are solving?

4

What did the characters do next?

5

Why did that help?

6

What did you learn?

Source: Angela Pharris, PhD, MSW, OU Hope Research Center

CREATING FUTURE MEMORIES OF SUCCESS

Use the story prompts below to start your activity, or think of a fun story of your own.

1

Story 1: Tell us a story of how you set out for a big family adventure.

2

Prompt 2: Tell us a story of how you had a big problem but worked together to solve the problem.

3

Prompt 3: Tell us a story when someone in the family was sad or having a hard time, and you found a way to help.

4

Prompt 4: Tell us a story when someone in the family does something really silly or fun, how did everyone react?

5

Prompt 5: Tell us a story where you had a big important goal. How did you achieve the goal?

6

Prompt 6: Tell us a story when someone wanted something really important. What did they do to keep going?

Source: Angela Pharris, PhD, MSW, OU Hope Research Center