

'Healing power of Hopes and Dreams'

As we begin each new year we as parents and educators can generate "**Hopes and Dreams.**" I ask the students to construct hopes of their own and share mine with them. As we create HOPES we set a climate of positivity, a climate that generates belief, helps students to appreciate what others value and further makes them realize that we all together with a drop of Hope each can make a big difference.

Children when feel upset, angry, helpless, frustrated or anxious the interaction with counselor mam aim to give them an outlet and generate hope. Hopes and dreams are also an important tool for teachers and parents as they give belief and set targets for us.

My hope for my student this year is that he/she will become a good problem solver. Everyone will learn that they can figure out some tough answers even when they feel frustrated in math, or reading. Instead of giving up, they will say in their own mind, 'I can figure this out! I can do this.' That's my hope for my students." - a class VI teacher

Placing enthusiasm in the hearts of unmotivated children

Children get excited and enthusiastic about learning when they are confident, see they can be successful, are having fun, and are praised. Those four components will light a fire in the hearts of students and get them to perform. With every lesson a teacher who believes in hopes and dreams teaches says " *when I teach, I make sure to start off by covering those four components. I might say to the class, "I know you are going to do really well at this," to build up confidence. I take it in steps and review as I go so that the students feel successful along the way. I let them know I am enjoying the lesson, and I try to make it fun for them. And, finally, I praise the class as a whole and individuals as often as possible.*

MORE AND MORE IT SEEMS that compassion is missing from our society, and many children are growing up with a lack of consideration for others. It is important that all of us—parents, teachers, treat others with compassion, consideration, and generosity, especially children. When we show kindness to a child, we are doing more than passing on a good deed. We are building a vision in the eyes of that child of how others should be treated. When we as teachers and parents, treat children in a way that belittles them, lets them down, or affects them negatively, we are instilling in those children a stereotype of what is expected from different members of society.

I have met a lot of students, and one of my favorite questions to ask them is "Why do you like your teacher?" Over half of the students respond, "She/he is kind to me." We can never underestimate the power of kindheartedness and treating our children with consideration. Most children wear their hearts on their sleeve, and if we want them to trust and respect us, we must take care not to treat them in any way that is negative or hurtful.

To teach with conviction, patience, and skill, it requires a steady infusion of hope. We have to maintain our hope that children can succeed, even in the face of struggle. We need to believe in our own efficacy; our ability to reach, hard-to-reach children. We need to assert more than ever before that faith,

honesty, perseverance, hard work, peace and love do exist and are important.

In today's society, hope seems almost fragile and under siege from so many external, as well as internal, sectors. Yet, how do we teach or learn without it?

FOR CHILDREN, HOPE IS AS IMPORTANT AS BREATHING." the apt words of Sara Ruddick.

Nurturing children to a large extent is giving them hope, believing in their dreams and empowering them to realize their dreams. As a counseling psychologist I have learned over the years to believe in their dreams !

Salony Priya Counselling psychologist