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[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
Ashley

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [A Flicker of Hope Book Companion](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# BOOK COMPANION

## A Flicker of Hope by Julia Cook

Published by National Center for Youth Issues



This book companion lesson was created with written permission from the author.

### Session Objective:

\*Students will identify ways to build hope during difficult times.

### Materials:

\*Book: A Flicker of Hope by Julia Cook.  
\*Handouts, scissors, tape/glue, pencils.

### Guiding Questions:

\*What are some ways to build hope within yourself?  
\*What are some ways to build hope in others?

### ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)  
\*Behavior: Ability to identify and overcome barriers. (B-SMS 6)  
\*Behavior: Effective coping skills. (B-SMS 7)

### SEL Competencies:

\*Self-management: Stress-management.

### Session Details

\*Say "Today we are going to be reading a book called "A Flicker of Hope" by Julia Cook. In it, a little candle is struggling to keep his flame lit, another candle teaches him how to find hope and light even in the darkness." Read the book aloud. Have the students complete the story map as you are reading. Afterward, for grades K-1 use the Cut and Paste activity (p. 4-5), and for grades 2-5 use the Story Questions (p. 6-7) and the Think & Discuss pages (p. 8-11) to generate class/group discussion. Next, explain what perspective means. Say "Thinking about another person's perspective means you are thinking about how that person would view it as if you were looking at the situation from their eyes. For example, little candle's perspective might be that nothing is going right in his life, but his friend's perspective might be that he is always thinking negatively." Complete the perspective handout (p. 12). Say "Being able to manage stress is what little candle needs to do. Let's look at ways to manage our stress using self-care and coping skills." Complete the SEL handout (p.13). Next, choose the best option on pages 14-17 for your students writing ability and have them complete the writing prompt and writing craftivity. Next, say "Let's come up with our own Hope Candles", complete the creative activity. The writing craftivity and/or creative activity make for a great bulletin board display.

# BOOK COMPANION



**A Flicker of Hope by Julia Cook**

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**Writing Craftivity .....p. 20-23**



**Creative Activity .....p. 24-25**



**Posters .....p. 26-27**



**Answer Keys .....p. 28-29**

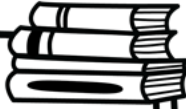
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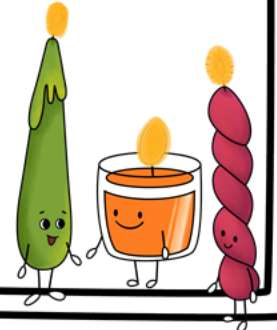
# Story Map

Setting:

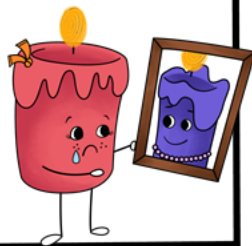


## A Flicker of Hope by Julia Cook

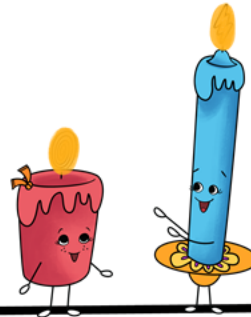
Characters:



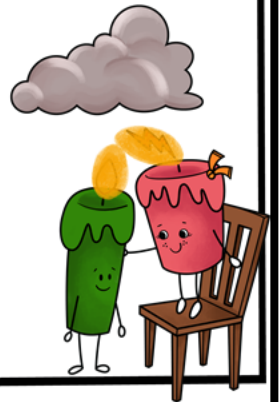
Beginning:



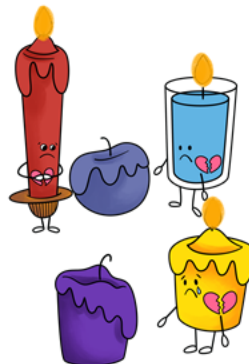
Middle:



End:



Problem:



Solution:

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Cut & Paste

Cut and paste the situations into the correct boxes.

Builds Hope

Builds Hope

Destroys Hope

Builds Hope

Builds Hope

Destroys Hope

Builds Hope

Builds Hope

Destroys Hope

Cut each situation card out and paste to the correct boxes.

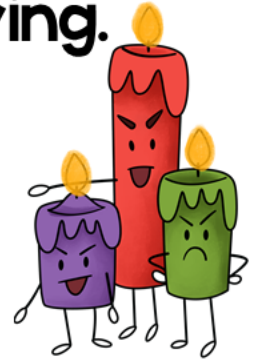
Standing up for yourself and others.



Talking to friends and family.



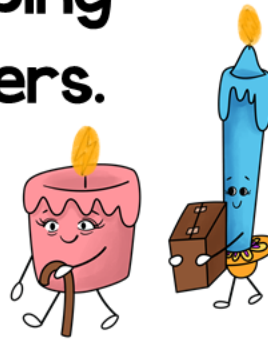
Bullying.



Encouraging others.



Helping others.



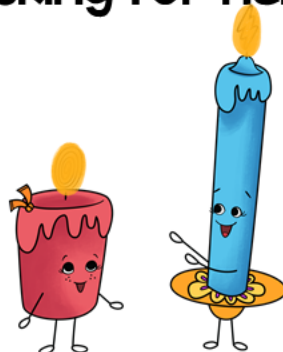
Thinking negative thoughts



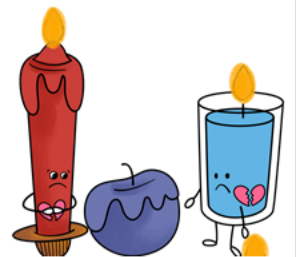
Volunteering.



Asking for help.




Being too proud to ask for help.



NAME: \_\_\_\_\_

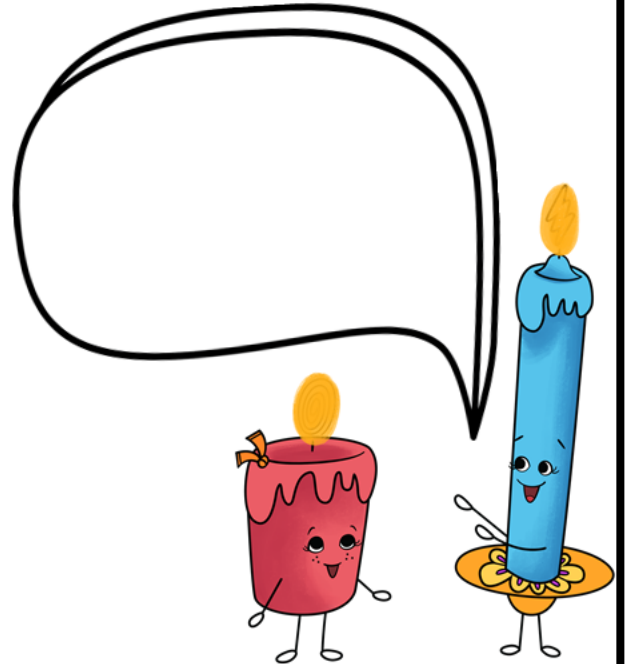
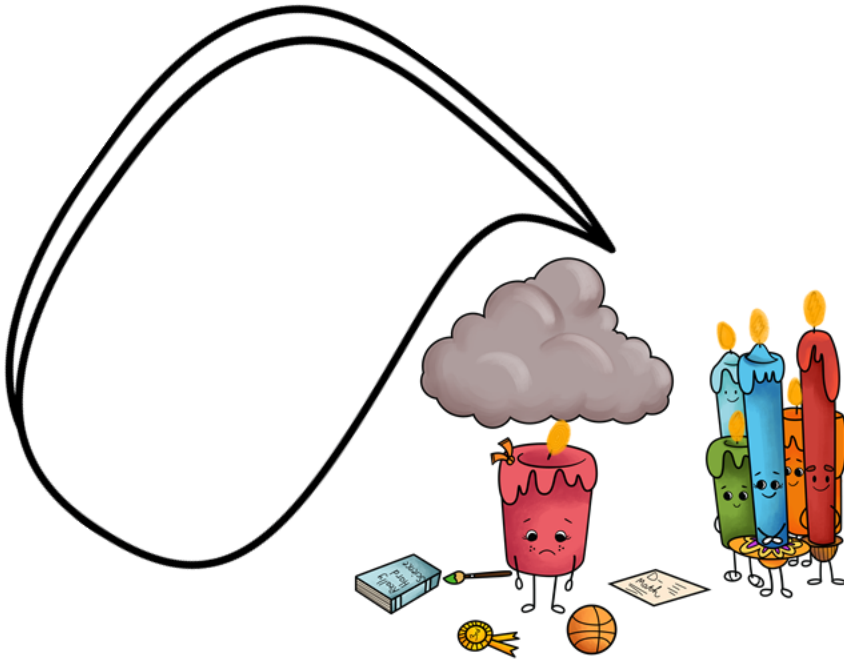
DATE: \_\_\_\_\_

Story   
Questions

# A Flicker of Hope

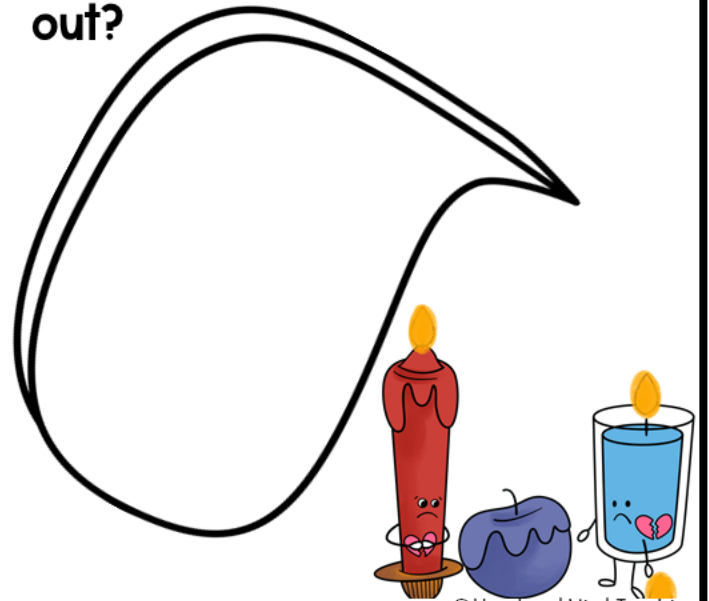
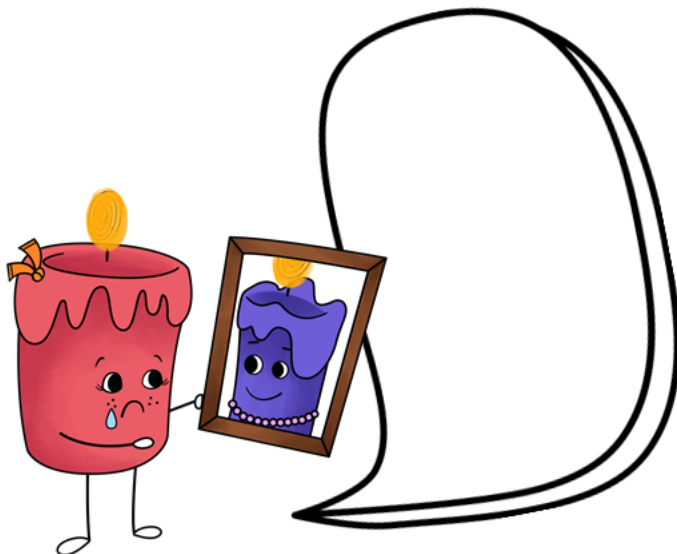
What does the smaller candle need?

What do you need to do if your clouds get too dark and you can't find hope?



What is something that dims the candles light?

Why is it important to make sure your flame does not go out?



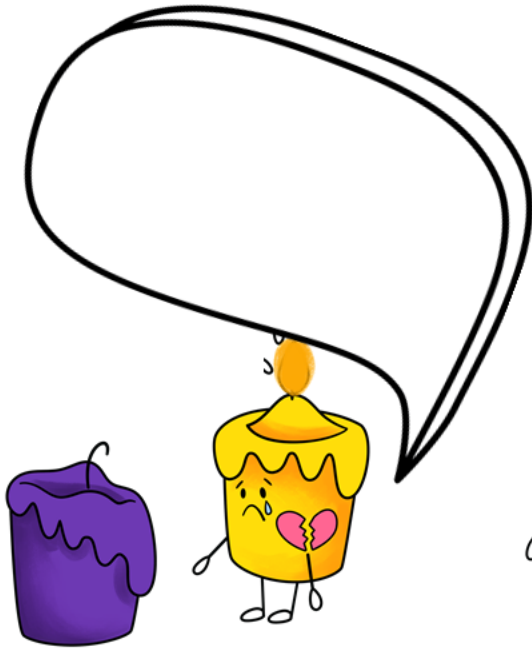
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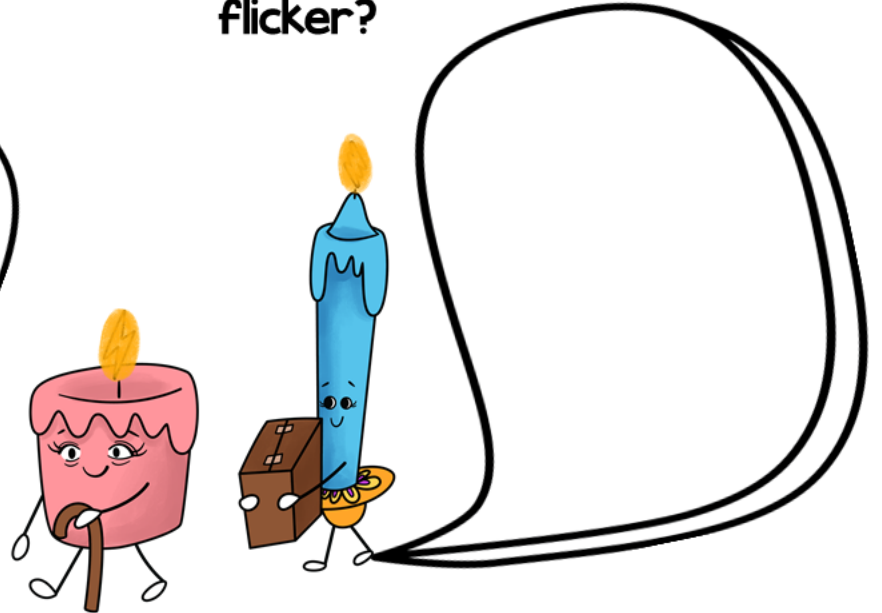
Story   
Questions

# A Flicker of Hope

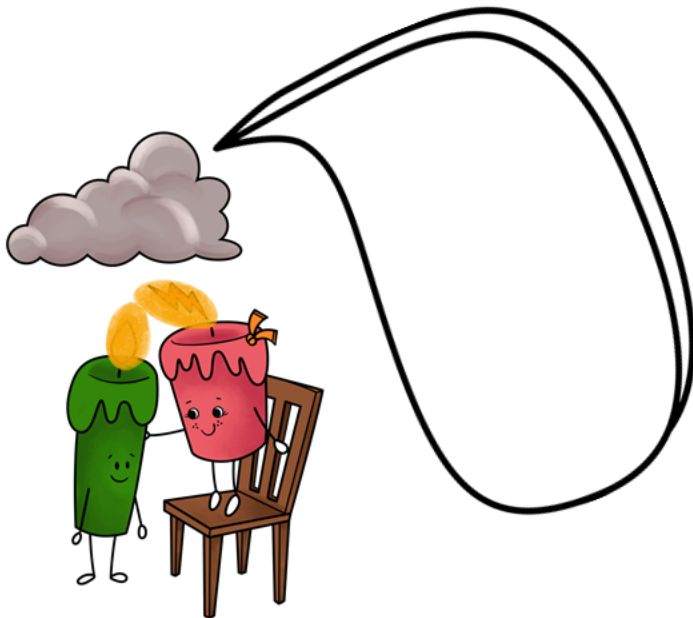
What happens when a flame goes out before it's time?



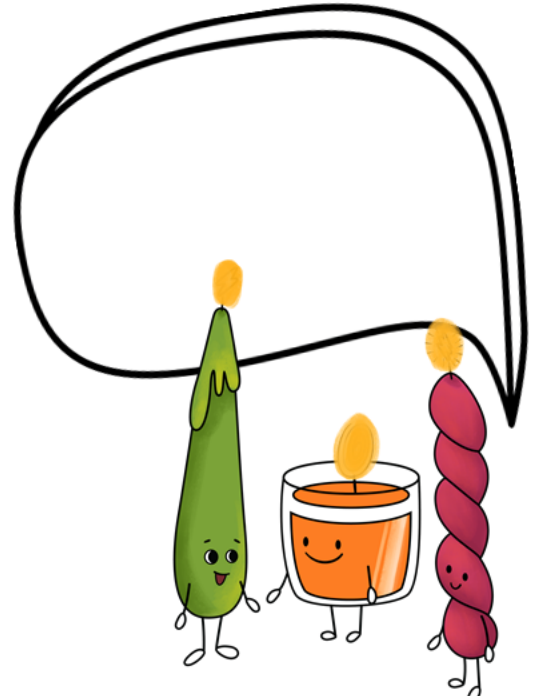
What does the blue candle do when his flame turns into a flicker?



What does a hope builder do?



What is something you can do to share your flame with others?



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Think & Discuss



Why is it important to learn to build hope from within?

What are some ways that you boost hope within yourself?

How do you think the little candle felt when the dark clouds were over him?



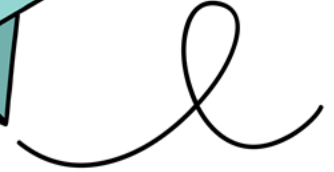
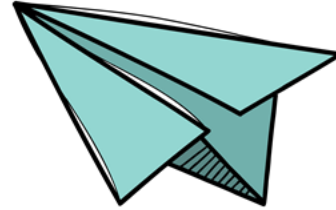
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DATE: \_\_\_\_\_



Think &  
Discuss

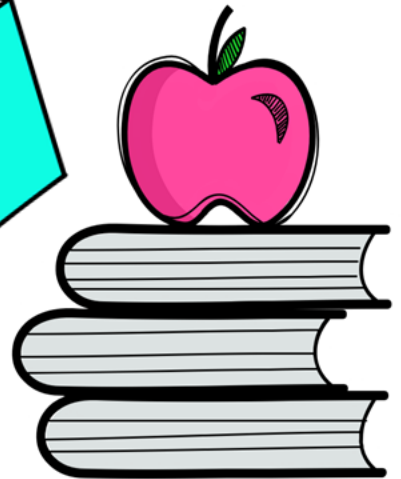
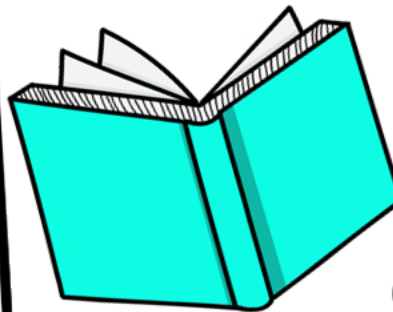
What are some situations that you have a hard time coping with? Why?



What are some things you could do to boost others hope?



How can focusing on positive thoughts help you cope during difficult times?



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Read the situations and think about how you can build hope:

You feel sad because you have not made any new friends at your new school.



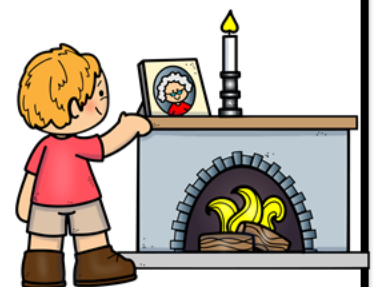
You are upset because your friend left mean messages on your social media.



You are disappointed because you did not make the team.



You are missing your grandmother who recently passed away.



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Think & Discuss



Put a checkmark on which you should do in each situation.

When...



Set achievable goals. Practice Self-care. Seek social support. Engage in a hobby. Use Positive Thinking.

You are sad and can't seem to cheer up.					
You lost someone or something you love.					
You keep thinking negative thoughts.					
You don't feel like showering or eating.					
You are overwhelmed.					
You feel like giving up.					
You keep thinking "I can't do this".					
You are questioning a friendship.					
Someone is being mean to you.					
You can't seem to find a solution to your problem.					
You failed a test.					

# Character Perspective



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Think about the different perspectives that each character from the book might have when little candle is struggling. Write in the boxes below what you think their perspectives might be.



**little candle**



**Blue Candle**



**little candle's friends**



**Perspective means:**

A way of thinking about and understanding something; a point of view.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# Social Emotional Learning



Make healthy lifestyle choices by having a balanced diet, and getting good sleep.



Engage in self-care practices for your well-being.



## Self-Management Stress Management



Talk to friends, family, or a Counselor about what's causing you stress.

Use coping skills like deep breathing.

During what situations do you struggle to cope with stress?

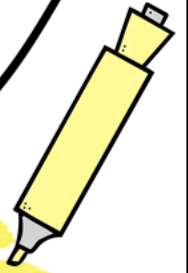
What will you do to show resilience when stressed?



Stress Management means:

Effectively coping with stressors to reduce their negative impact.

# Draw & Write



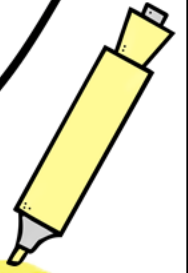
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Draw a situation that you felt hopeless and how you overcame it.  
Show what happened, how it felt, and what you learned.



# Draw & Write

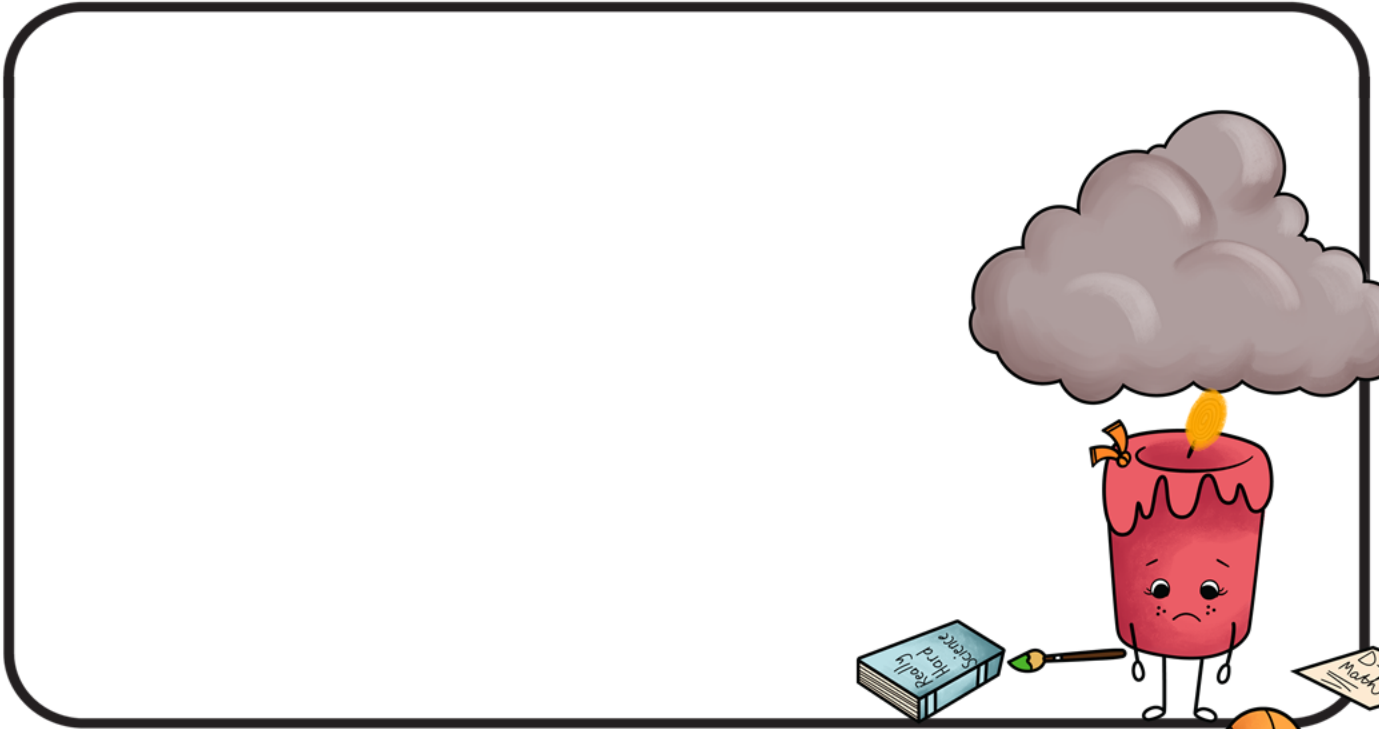


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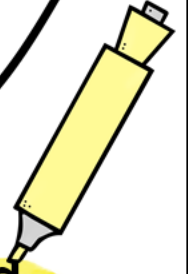
Describe a situation that you felt hopeless and how you overcame it.

Explain what happened, how it felt, and what you learned.



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are eight sets of these lines provided for writing.

# Draw & Write



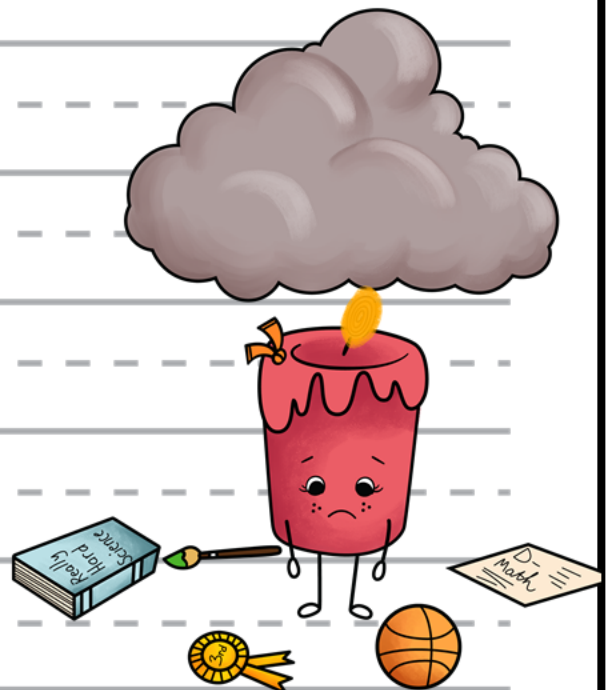
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Describe a situation that you felt hopeless and how you overcame it.

Explain what happened, how it felt, and what you learned.

Handwriting practice area consisting of 10 sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.





**\*Cut out and glue  
to the top of the  
writing page.**





: Describe a way that you can give  
hope to others.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are 10 sets of these lines for writing.



: Describe a way that you can give  
hope to others.

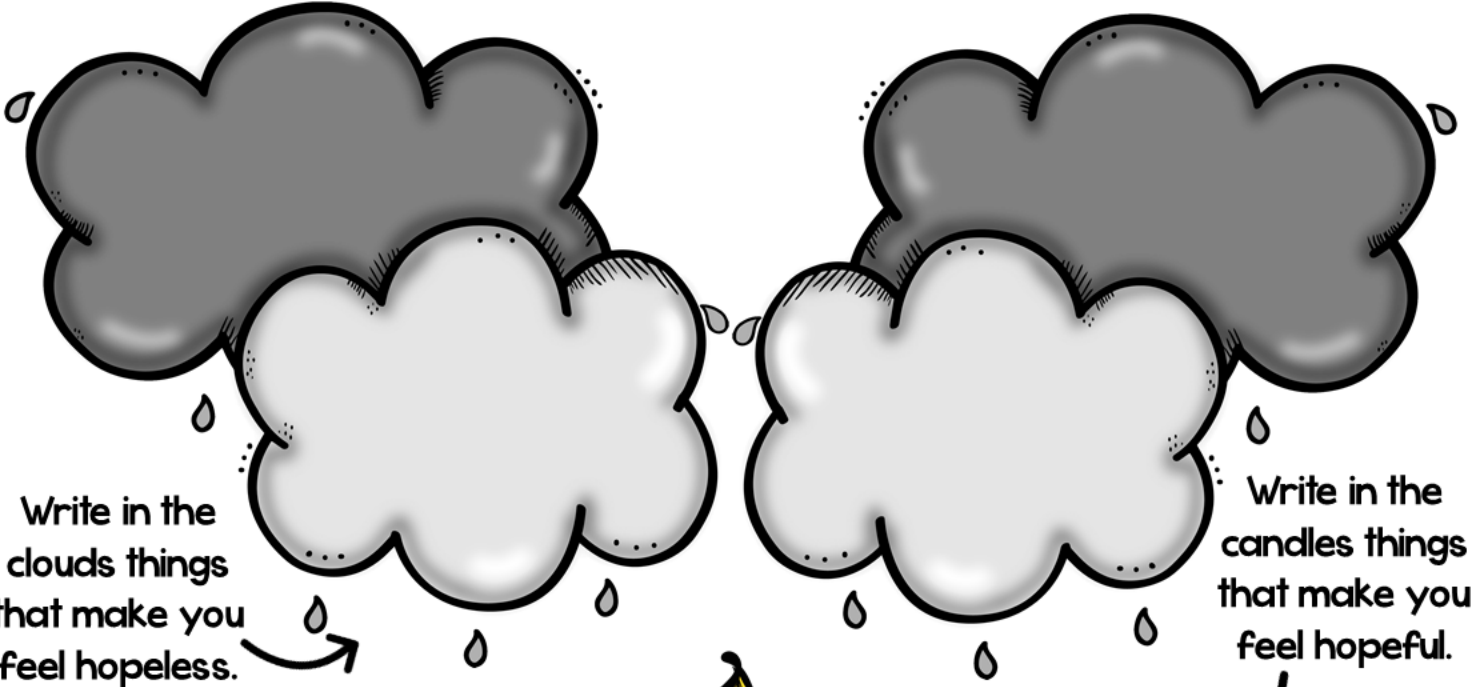
Handwriting practice lines consisting of four sets of solid top and bottom lines with a dashed midline for letter height guidance.





Creative  
Activity

# Create your own Hope Candles



Write in the clouds things that make you feel hopeless.

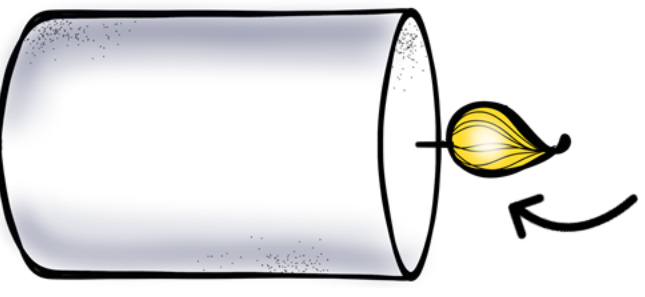
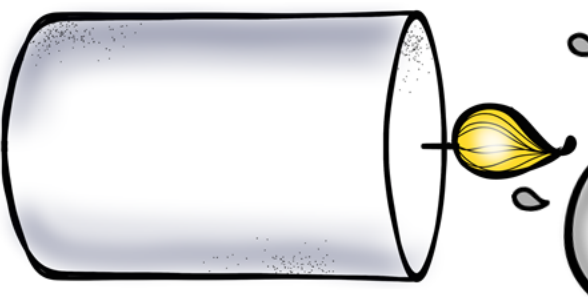
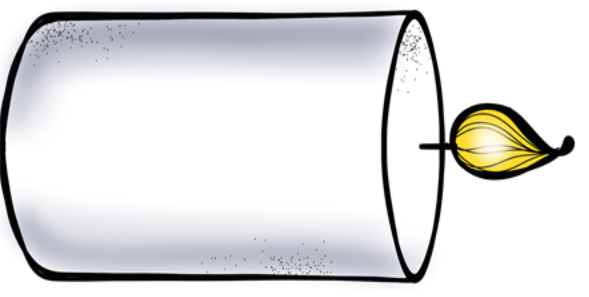
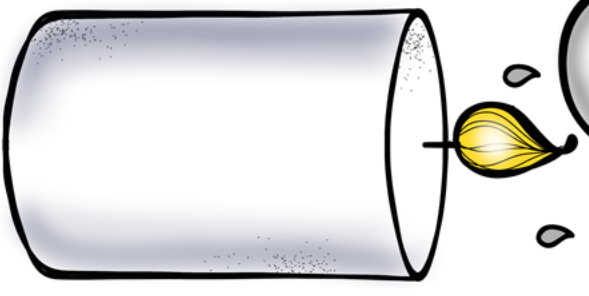
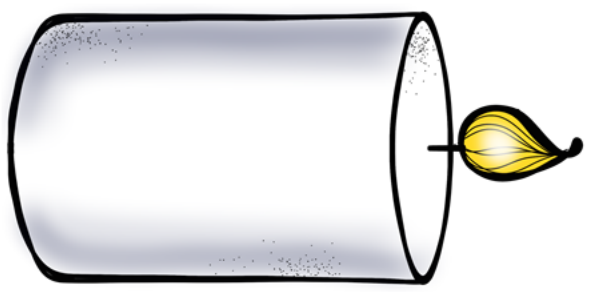
Write in the candles things that make you feel hopeful.



By:

# My Hope Candles

Write in  
the  
clouds  
things  
that  
make you  
feel  
hopeless.



Write in  
the  
candles  
things  
that  
make you  
feel  
hopeful.



By:

# HOPE BUILDERS

Seek social support.

Practice gratitude.

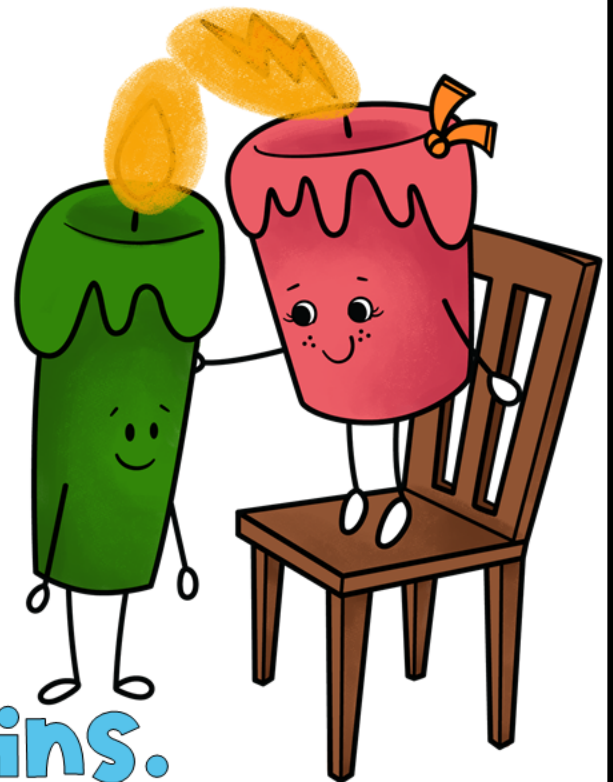
Use Positive Thinking.

Engage in meaningful activities/hobbies.

Practice  
Self-care

Contribute to  
others.

Set achievable  
goals and  
celebrate small wins.



Happiness can be  
found even in the  
darkest of times,  
if one only  
remembers to turn  
on the light.



- Albus Dumbledore



# A Flicker of Hope

What does the smaller candle need?

A little boost of hope to make his flame brighter.

What do you need to do if your clouds get too dark and you can't find hope?

Ask for help.

What is something that dims the candles light?

Losing someone he loves, feeling like he can't succeed, being bullied.

Why is it important to make sure your flame does not go out?

Because you are needed, you are here for a reason.

What happens when a flame goes out before it's time?

The hearts that are left behind are broken forever, and that flame never gets to share its gifts.

What does the blue candle do when his flame turns into a flicker?

He tells himself that he is needed, reminds himself that he matters, and has special gifts to share with others.

What does a hope builder do?

They share their flame with others.

What is something you can do to share your flame with others?

Share your gifts, help others, volunteer, stand up for yourself and others, talk to them.



Think & Discuss



Put a checkmark on which you should do in each situation.

When...

Set achievable goals. Practice Self-care. Seek social support. Engage in a hobby. Use Positive Thinking.

You are sad and can't seem to cheer up.					
You lost someone or something you love.					
You keep thinking negative thoughts.					
You don't feel like showering or eating.					
You are overwhelmed.					
You feel like giving up.					
You keep thinking "I can't do this".					
You are questioning a friendship.					
Someone is being mean to you.					
You can't seem to find a solution to your problem.					
You failed a test.					

ALL ANSWERS ARE ACCEPTABLE

**Black & White Version**

# BOOK COMPANION

## A Flicker of Hope by Julia Cook

Published by National Center for Youth Issues



This book companion lesson was created with written permission from the author.

### Session Objective:

\*Students will identify ways to prevent interrupting.

### Materials:

\*Book: A Flicker of Hope by Julia Cook.  
\*Handouts, scissors, tape/glue, pencils.

### Guiding Questions:

\*What are some ways to build hope within yourself?  
\*What are some ways to build hope in others?

### ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)  
\*Behavior: Ability to identify and overcome barriers. (B-SMS 6)  
\*Behavior: Effective coping skills. (B-SMS 7)

### SEL Competencies:

\*Self-management: Stress-management.

### Session Details

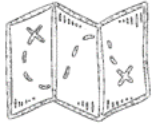
\*Say "Today we are going to be reading a book called "A Flicker of Hope" by Julia Cook. In it, a little candle is struggling to keep his flame lit, another candle teaches him how to find hope and light even in the darkness." Read the book aloud. Have the students complete the story map as you are reading. Afterward, for grades K-1 use the Cut and Paste activity (p. 4-5), and for grades 2-5 use the Story Questions (p. 6-7) and the Think & Discuss pages (p. 8-11) to generate class/group discussion. Next, explain what perspective means. Say "Thinking about another person's perspective means you are thinking about how that person would view it as if you were looking at the situation from their eyes. For example, little candle's perspective might be that nothing is going right in his life, but his friend's perspective might be that he is always thinking negatively." Complete the perspective handout (p. 12). Say "Being able to manage stress is what little candle needs to do. Let's look at ways to manage our stress using self-care and coping skills." Complete the SEL handout (p.13). Next, choose the best option on pages 14-17 for your students writing ability and have them complete the writing prompt and writing craftivity. Next, say "Let's come up with our own Hope Candles", complete the creative activity. The writing craftivity and/or creative activity make for a great bulletin board display.

# BOOK COMPANION



**My Mouth is a Volcano by Julia Cook**

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**Answer Keys .....p. 28-29**

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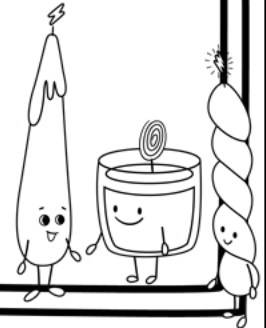
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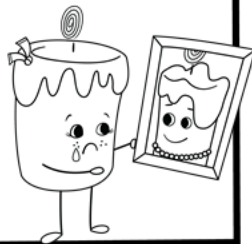


## A Flicker of Hope by Julia Cook

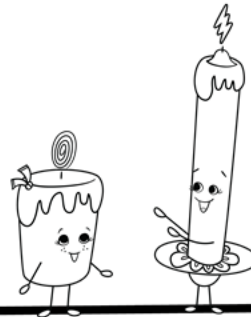
Characters:



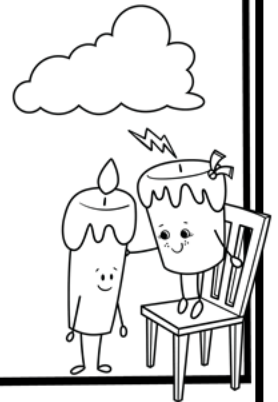
Beginning:



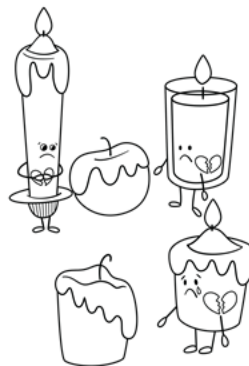
Middle:



End:



Problem:



Solution:

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



**Cut & Paste**

**Cut and paste the situations into the correct boxes.**

Builds Hope

Builds Hope

Destroys Hope

Builds Hope

Builds Hope

Destroys Hope

Builds Hope

Builds Hope

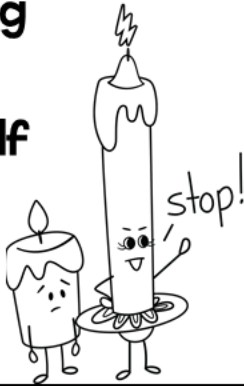
Destroys Hope



Cut & Paste

Cut each situation card out and paste to the correct boxes.

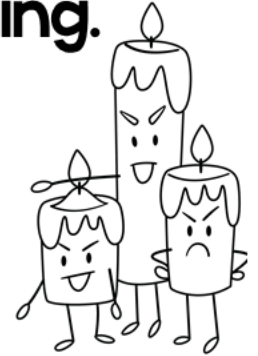
Standing up for yourself and others.



Talking to friends and family.



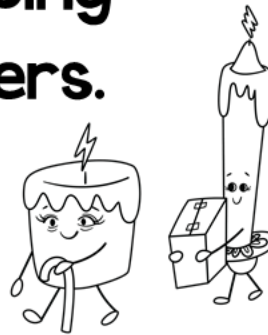
Bullying.



Encouraging others.



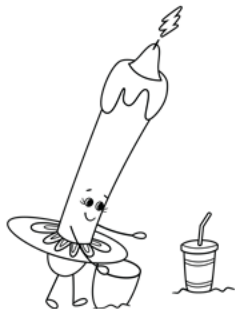
Helping others.



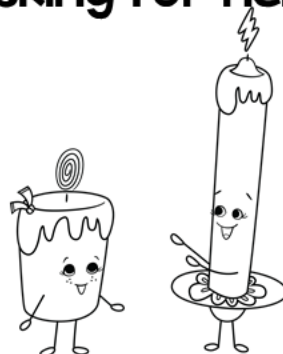
Thinking negative thoughts



Volunteering.



Asking for help.



Being too proud to ask for help.



NAME: \_\_\_\_\_

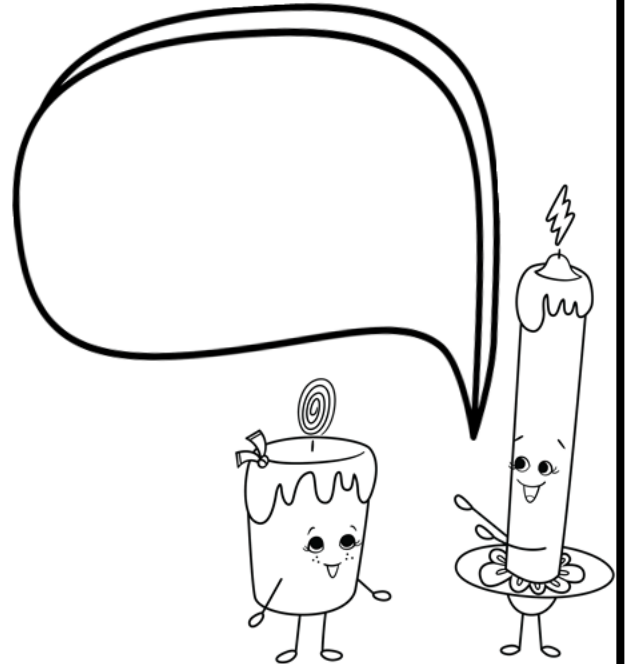
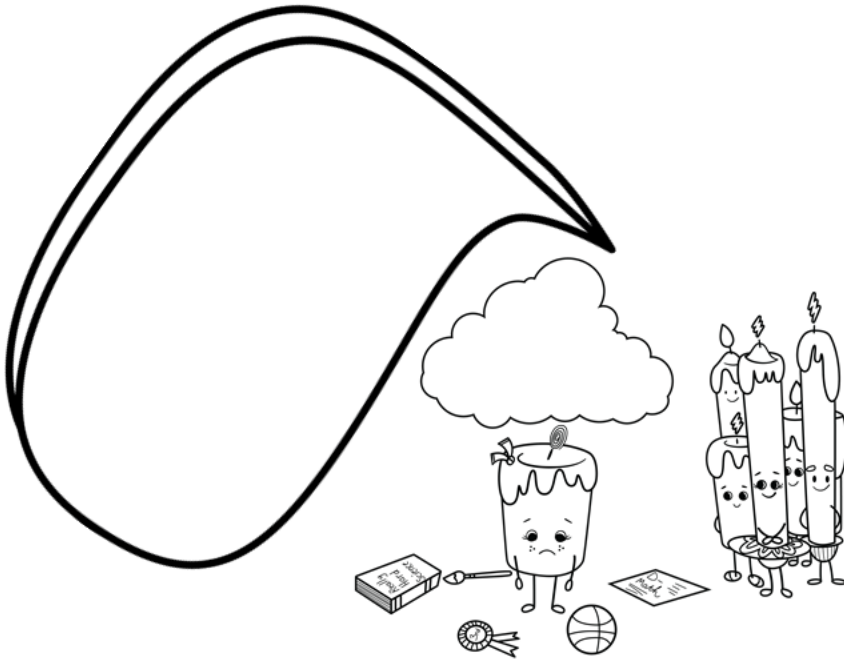
DATE: \_\_\_\_\_

Story   
Questions

# A Flicker of Hope

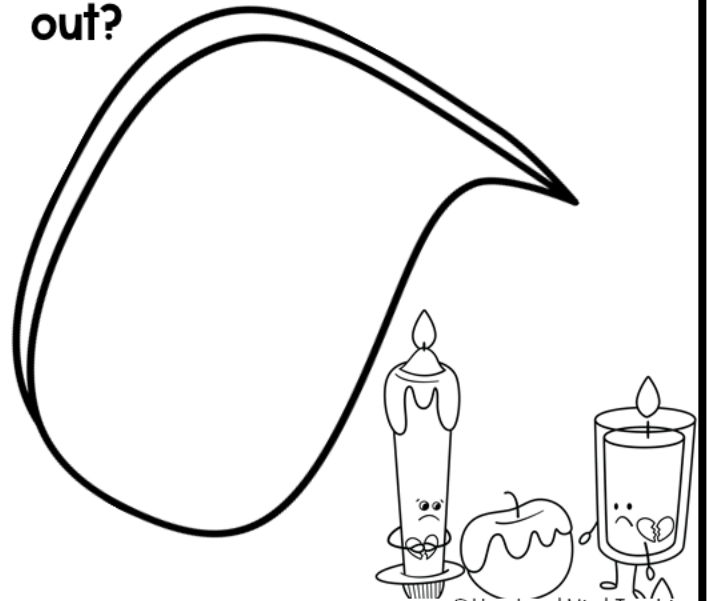
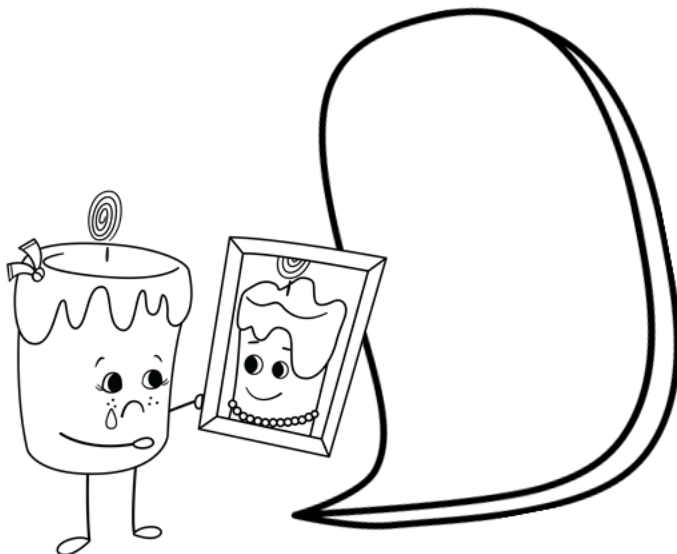
What does the smaller candle need?

What do you need to do if your clouds get too dark and you can't find hope?



What is something that dims the candles light?

Why is it important to make sure your flame does not go out?



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

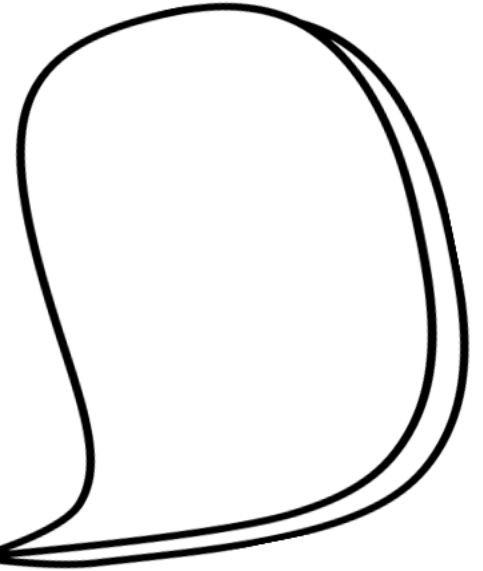
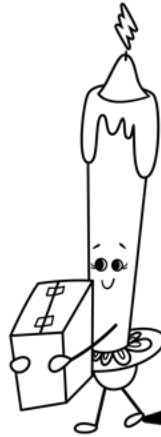


# A Flicker of Hope

What happens when a flame goes out before it's time?

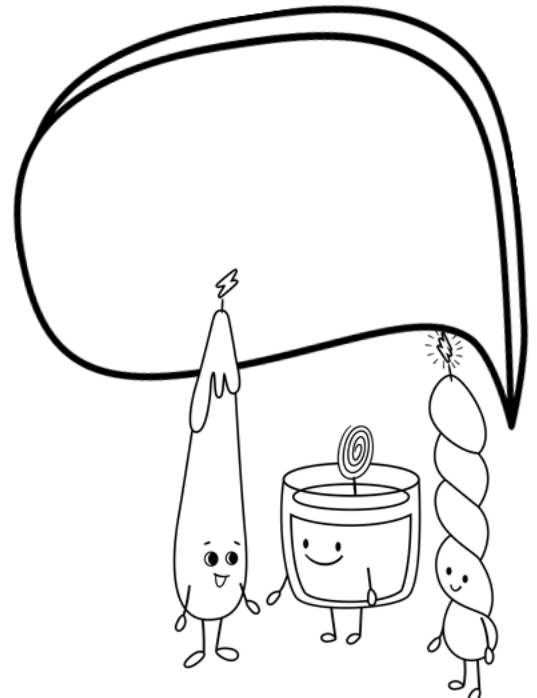
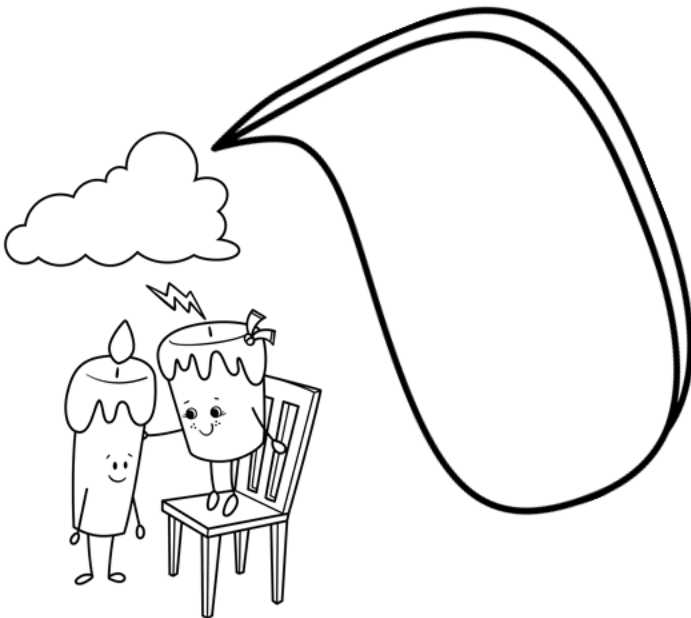


What does the blue candle do when his flame turns into a flicker?



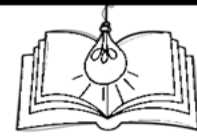
What does a hope builder do?

What is something you can do to share your flame with others?



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Think & Discuss



Why is it important to learn to build hope from within?

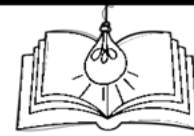
What are some ways that you boost hope within yourself?

How do you think the little candle felt when the dark clouds were over him?



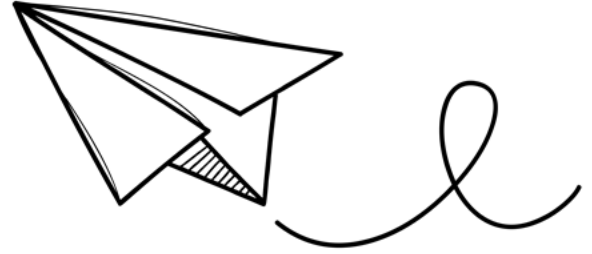
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Think &  
Discuss

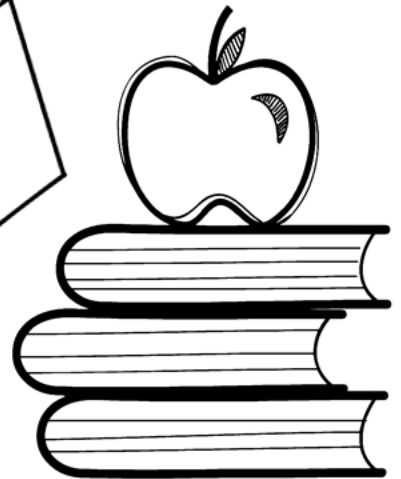
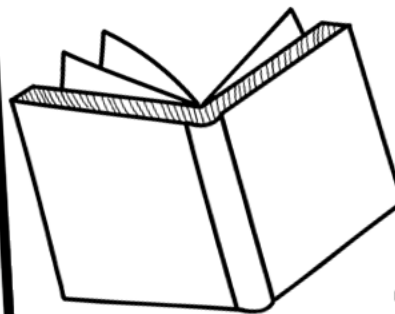
What are some situations that you have a hard time coping with? Why?



What are some things you could do to boost others hope?

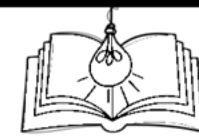


How can focusing on positive thoughts help you cope during difficult times?



NAME: \_\_\_\_\_

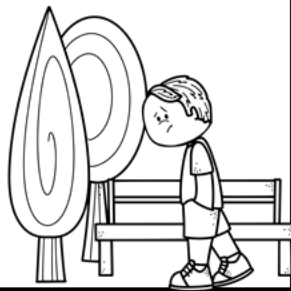
DATE: \_\_\_\_\_



Think &  
Discuss

Read the situations and think about how you can build hope:

You feel sad because you have not made any new friends at your new school.



You are upset because your friend left mean messages on your social media.



You are disappointed because you did not make the team.

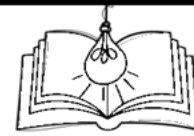


You are missing your grandmother who recently passed away.

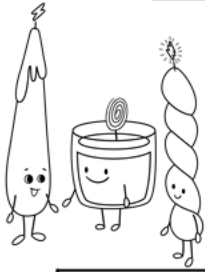


NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Think & Discuss



Put a checkmark on which you should do in each situation.

When...



Set achievable goals.    Practice Self-care.    Seek social support.    Engage in a hobby.    Use Positive Thinking.

You are sad and can't seem to cheer up.					
You lost someone or something you love.					
You keep thinking negative thoughts.					
You don't feel like showering or eating.					
You are overwhelmed.					
You feel like giving up.					
You keep thinking "I can't do this".					
You are questioning a friendship.					
Someone is being mean to you.					
You can't seem to find a solution to your problem.					
You failed a test.					

# Character Perspective



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Think about the different perspectives that each character from the book might have when little candle is struggling. Write in the boxes below what you think their perspectives might be.



**little candle**

**Blue Candle**



**little candle's friends**



**Perspective means:**

A way of thinking about and understanding something; a point of view.

# Social Emotional Learning



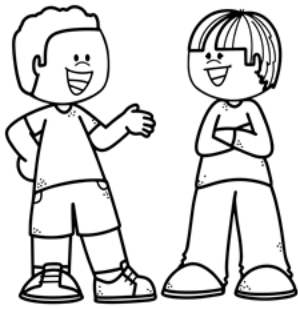
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Make healthy lifestyle choices by having a balanced diet, and getting good sleep.



Engage in self-care practices for your well-being.



## Self-Management Stress Management



Talk to friends, family, or a Counselor about what's causing you stress.

Use coping skills like deep breathing.

During what situations do you struggle to cope with stress?

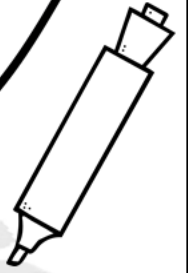
What will you do to show resilience when stressed?



Stress Management means:

Effectively coping with stressors to reduce their negative impact.

# Draw & Write



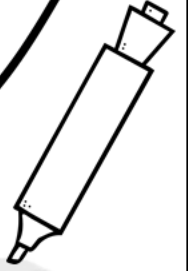
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Draw a situation that you felt hopeless and how you overcame it. Show what happened, how it felt, and what you learned.



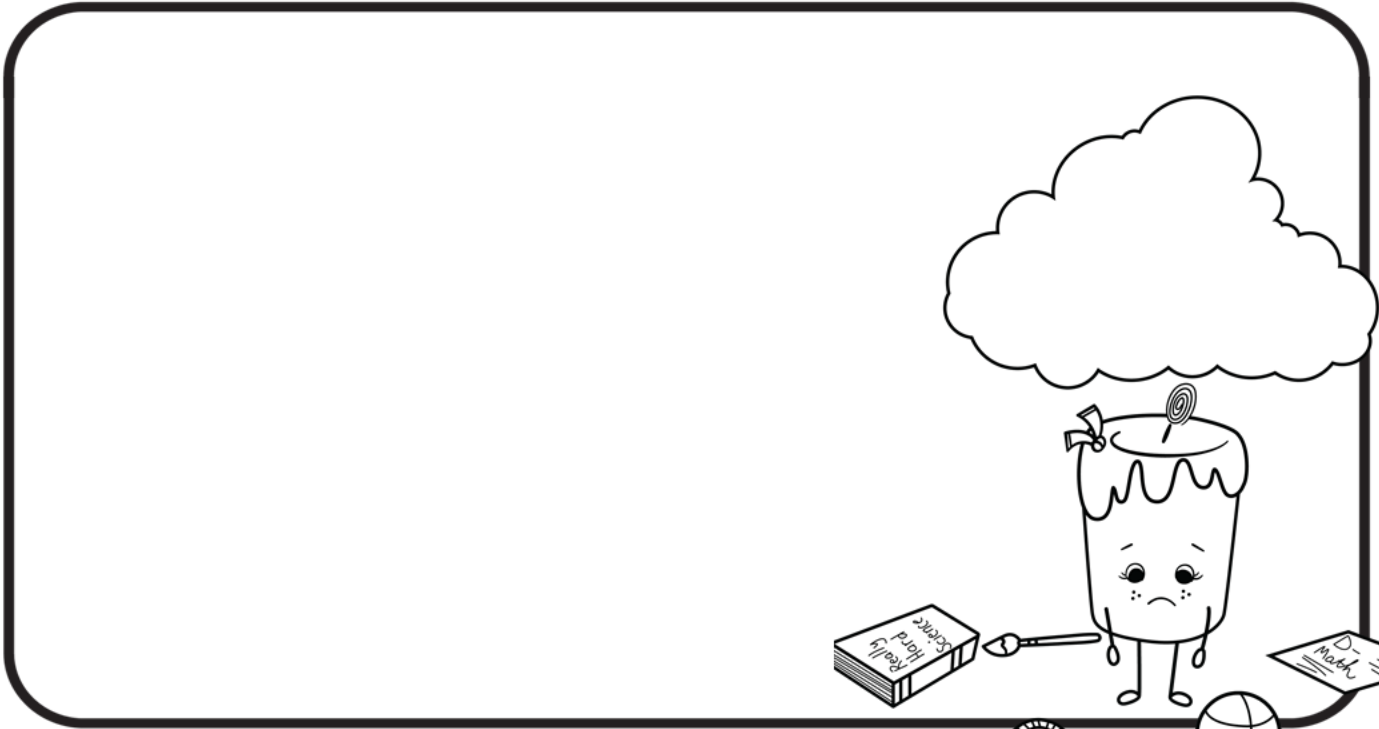
# Draw & Write



NAME: \_\_\_\_\_

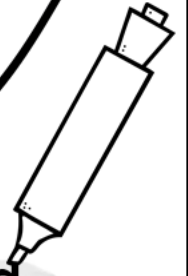
DATE: \_\_\_\_\_

Describe a situation that you felt hopeless and how you overcame it.  
Explain what happened, how it felt, and what you learned.



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines for writing.

# Draw & Write



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Describe a situation that you felt hopeless and how you overcame it.  
Explain what happened, how it felt, and what you learned.

Handwriting practice area with multiple sets of three horizontal lines (top solid, middle dashed, bottom solid).





**\*Cut out and glue  
to the top of the  
writing page.**





: Describe a way that you can give  
hope to others.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are seven sets of these lines provided for writing.



: Describe a way that you can give  
hope to others.

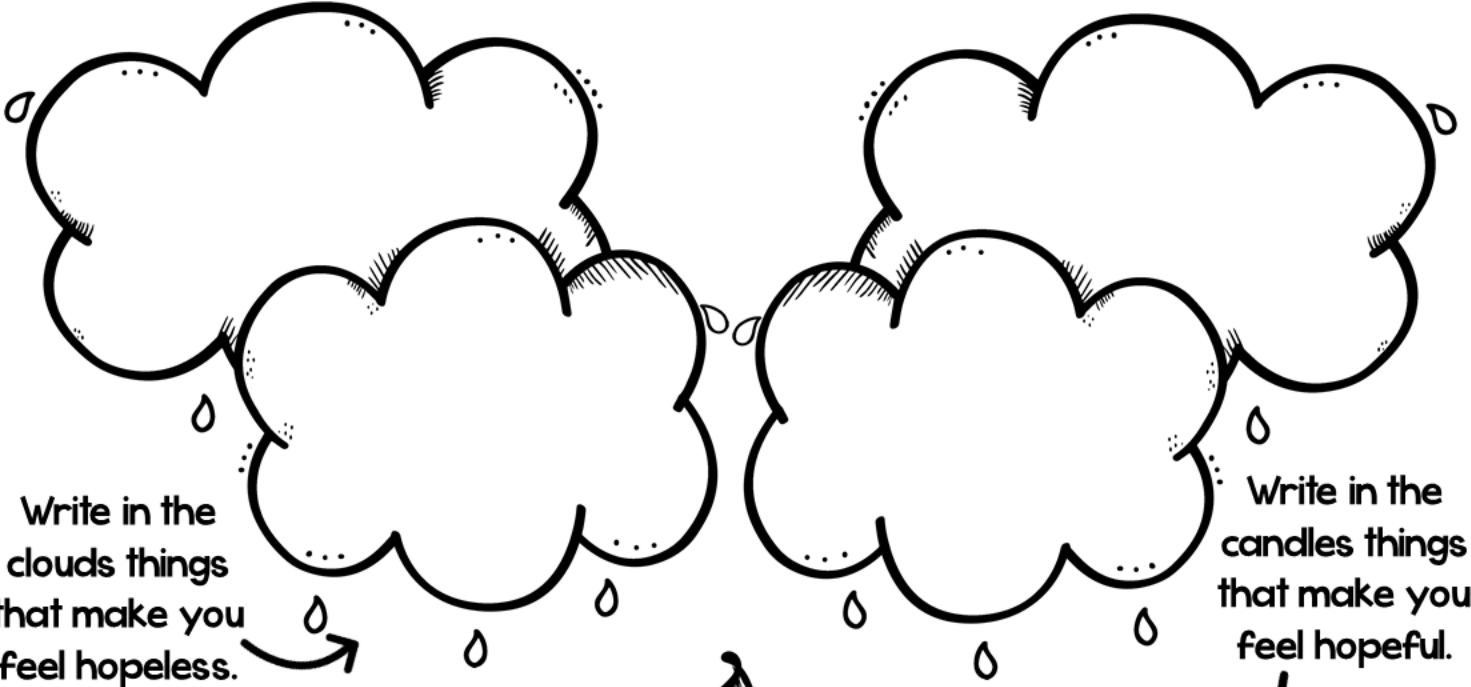
Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated four times.





Creative  
Activity

# Create your own Hope Candles



Write in the  
clouds things  
that make you  
feel hopeless.

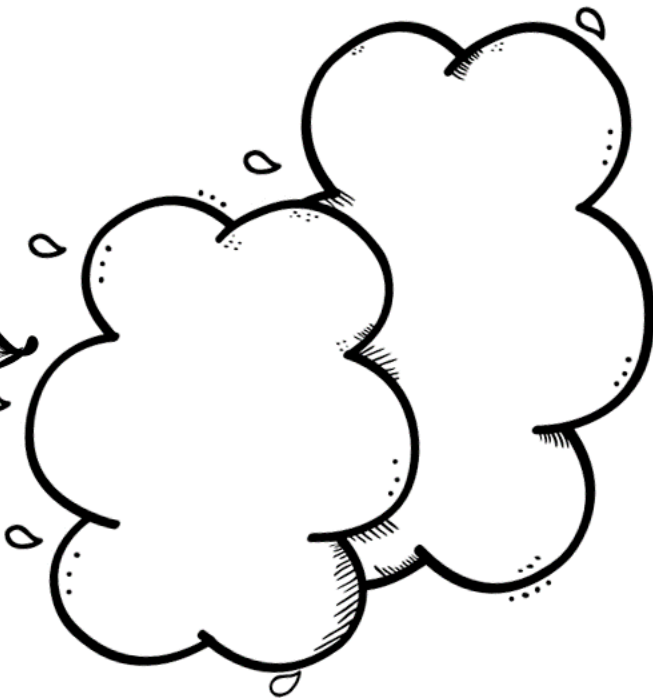
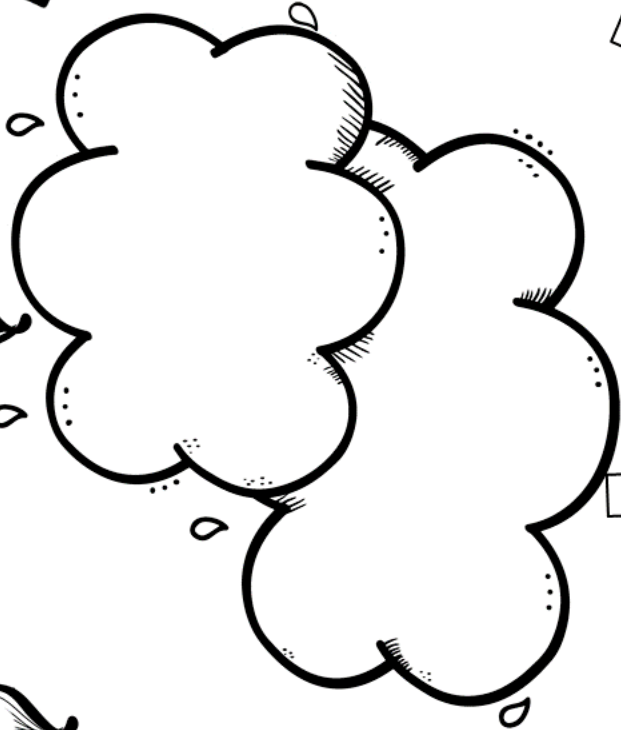
Write in the  
candles things  
that make you  
feel hopeful.



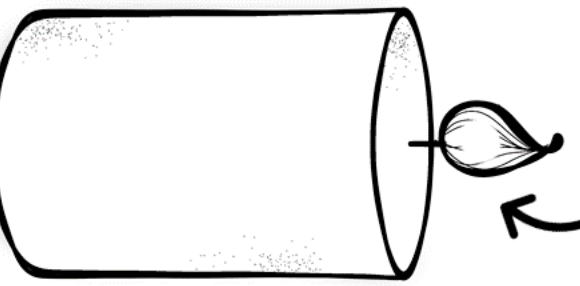
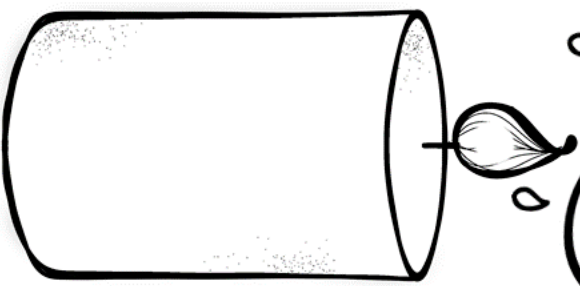
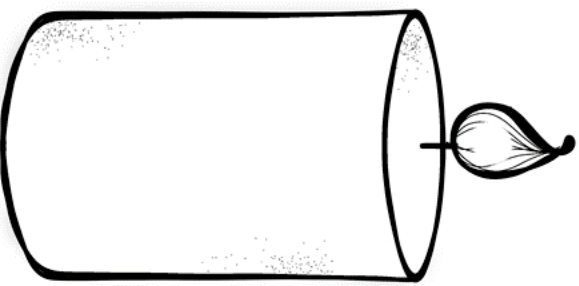
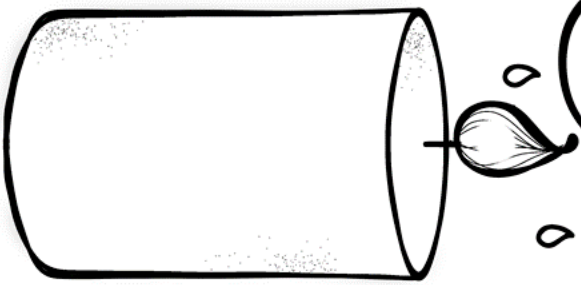
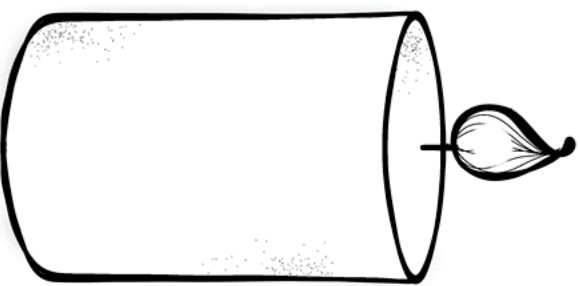
By:

# My Hope Candles

Write in  
the  
clouds  
things  
that  
make you  
feel  
hopeless.



Write in  
the  
candles  
things  
that  
make you  
feel  
hopeful.



By:

# HOPE BUILDERS

Seek social support.

Practice gratitude.

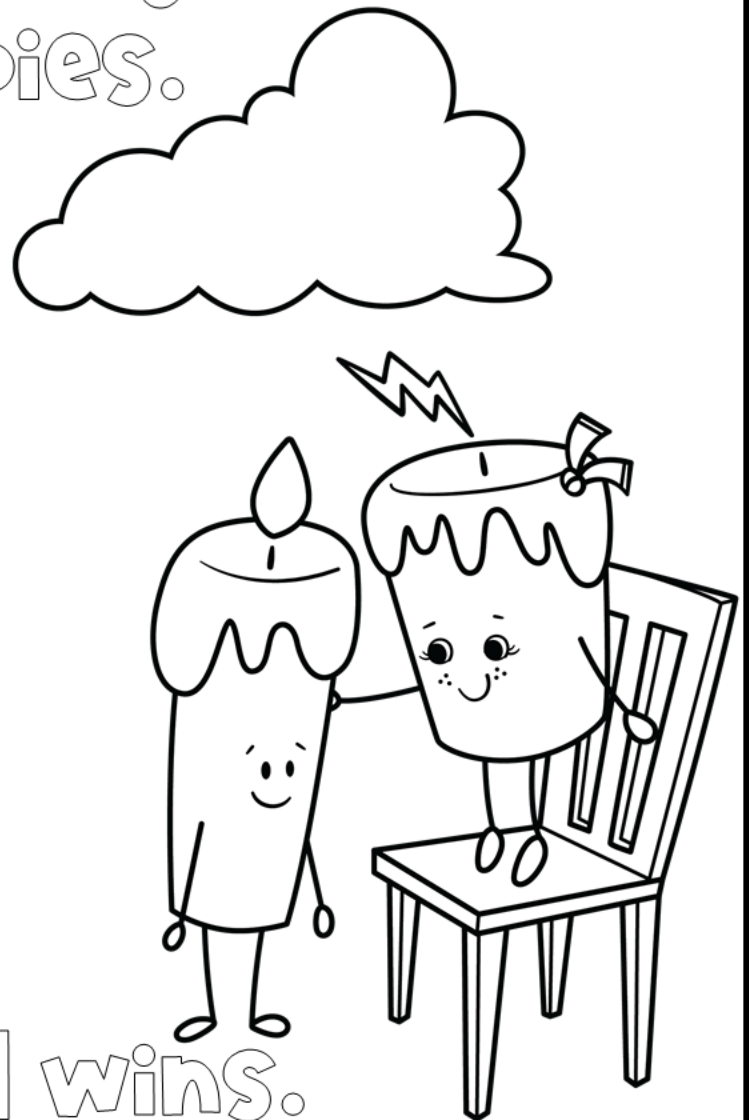
Use Positive Thinking.

Engage in meaningful activities/hobbies.

Practice  
Self-care

Contribute to  
others.

Set achievable  
goals and  
celebrate small wins.



Happiness can be  
found even in the  
darkest of times,  
if one only  
remembers to turn  
on the light.



- Albus Dumbledore



# A Flicker of Hope

**What does the smaller candle need?**

**A little boost of hope to make his flame brighter.**

**What do you need to do if your clouds get too dark and you can't find hope?**

**Ask for help.**

**What is something that dims the candles light?**

**Losing someone he loves, feeling like he can't succeed, being bullied.**

**Why is it important to make sure your flame does not go out?**

**Because you are needed, you are here for a reason.**

**What happens when a flame goes out before it's time?**

**The hearts that are left behind are broken forever, and that flame never gets to share its gifts.**

**What does the blue candle do when his flame turns into a flicker?**

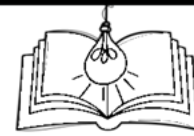
**He tells himself that he is needed, reminds himself that he matters, and has special gifts to share with others.**

**What does a hope builder do?**

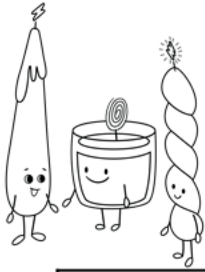
**They share their flame with others.**

**What is something you can do to share your flame with others?**

**Share your gifts, help others, volunteer, stand up for yourself and others, talk to them.**



Think & Discuss



Put a checkmark on which you should do in each situation.

When...

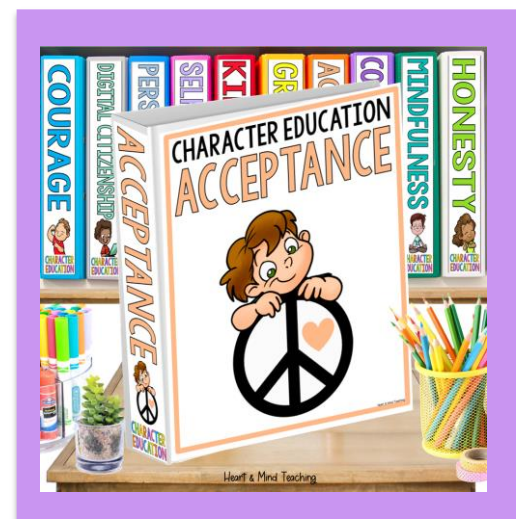
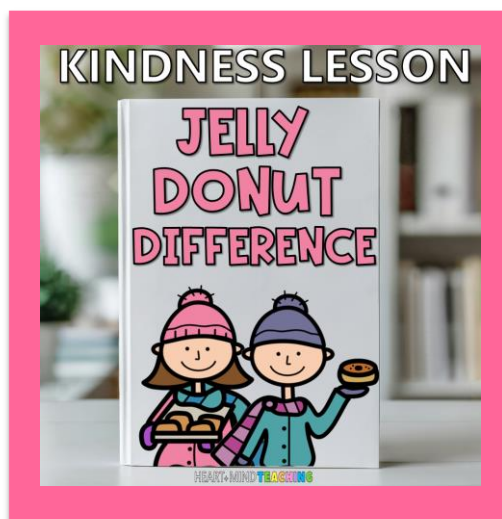
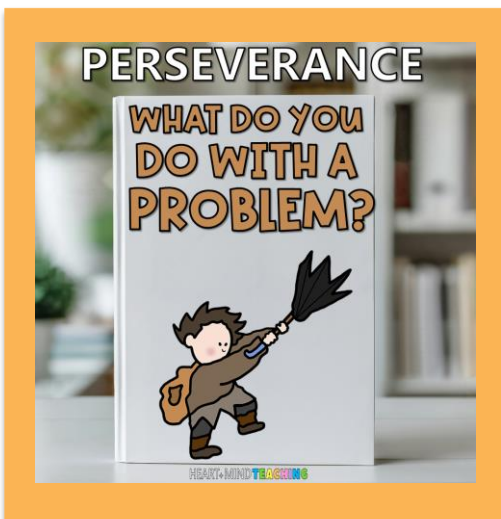
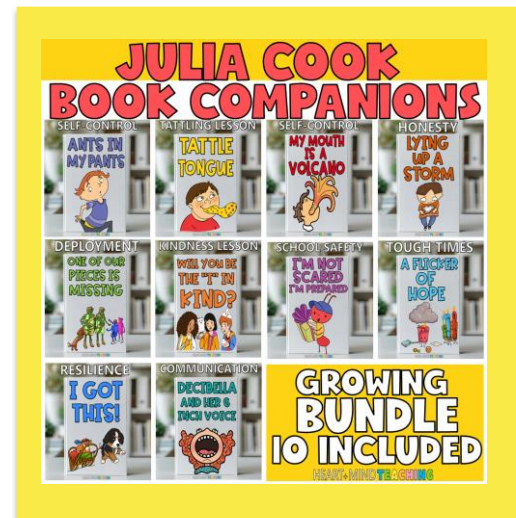
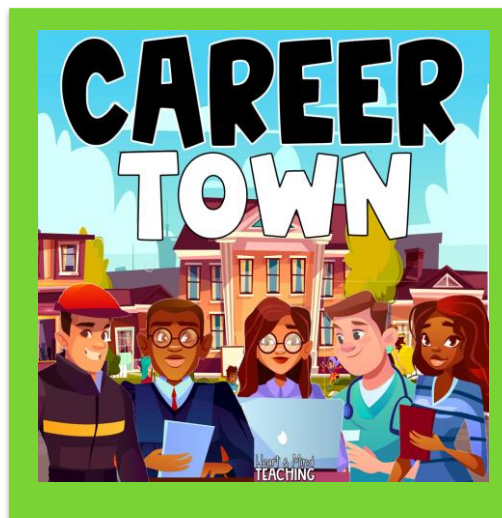
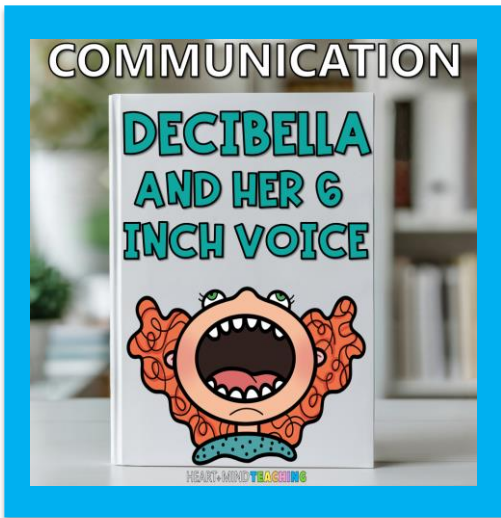
Set achievable goals.    Practice Self-care.    Seek social support.    Engage in a hobby.    Use Positive Thinking.

You are sad and can't seem to cheer up.					
You lost someone or something you love.					
You keep thinking negative thoughts.					
You don't feel like showering or eating.					
You are overwhelmed.					
You feel like giving up.					
You keep thinking "I can't do this".					
You are questioning a friendship.					
Someone is being mean to you.					
You can't seem to find a solution to your problem.					
You failed a test.					

ALL ANSWERS ARE ACCEPTABLE

# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



## COUNSELOR Collab

with Laura & Ashley



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

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- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART + MIND  
TEACHING



# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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*Ashley*

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