

Ideas to Spark Hope

Hope can be contagious and begin a ripple effect that reaches far. This document is a list of a few things you could do at home to spark hope. This list is by no means exhaustive. Feel free to share your own ideas with us! Use the hashtag #FindingHopeWWR to share they ways that you are sparking hope.



- Use sidewalk chalk to spread messages of hope
- Host a porch chat to connect with friends or neighbours and foster a sense of hope
- Share hopeful songs or music videos on social media
- Help a neighbour who may need a hand with raking leaves or clearing snow
- Host a virtual movie night and watch a film with a theme of hope or resilience
- Use items in nature like snow or leaves to spell out messages or symbols of hope
- Call someone that you love and let them know how you are grateful for them
- Choreograph or borrow a dance and create a TikTok to a hopeful song. Or bust a move just for fun!
- Leave a kind message for a stranger or someone you care about
- Make a donation to an organization that makes you feel hopeful, or share their work on social media
- Spend some time being creative in any way. Share your doodles, paintings, music, or writing, or just enjoy the process by yourself!
- Support a local business
- Recommend or share a book you have read that made you feel hopeful
- Start a journal of hope or gratitude
- Connect with a friend that you have not heard from in a while
- Meditate or clear your mind in any way that works for you
- Send a letter to someone you care about
- Connect with a neighbourhood group or organization
- Enjoy nature by going for a hike or just feeling the sun by a window
- Share something that made you smile or laugh on social media