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The Great Big Book of Hope: Help Your Children Achieve Their Dreams

Diane McDermott, C. R. Snyder

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While kids often have a fairly concrete understanding of what hope means, most need guidance to put the concept to work in their lives. Through their research and their work as educators, psychologists Diane McDermott and C.R. Snyder have come to believe that teaching hope can be life-saving, and they have developed an arsenal of strategies and techniques for teaching parents how to act as "hope guides" for their kids. With this work, they offer parents a user-friendly, interactive workbook, which provides a hands-on, step-by-step model for teaching kids hope. Readers are first shown how to assess a child's level of hope. Guided exercises teach kids how to set realistic goals and go through the struggle of overcoming a problem, and readers are shown how to help give the experience a positive outcome, so that kids gain the confidence they need to maintain an "I can do it" attitude. Also included are exercises especially designed for working with "at-risk" kids, as well as activities designed for classroom use.

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