



Hope Box Workshop

Facilitation Guide

Materials Needed: Shoeboxes, decorative supplies, markers, stickers, glue, printed affirmations, NEDA-branded affirmation slips, optional letters or notes from loved ones.

Welcome & Introduction (5 minutes)

Suggested Script: *"Welcome, everyone. Today we are creating a Hope Box. Something you can reach for on days when you need extra kindness. This space is creative, safe, and free of judgment. Share only what feels comfortable."* A Hope Box is a grounding tool filled with items meant to comfort, motivate, and support you during tough moments.

Introduction to Activity (2 minutes)

Share what participants will be creating:

- A decorated box (inside and outside)
- Filled with affirmations, quotes, personal reminders, and optional letters from loved ones (*ask participants to collect these prior to event*)

Encourage creativity and personalization

Hope Box Creation (20–30 minutes)

Participants work on decorating and filling their boxes.

Facilitator Prompt Ideas:

- *"What words help you feel grounded?"*
- *"What do you want your future self to remember on hard days?"*
- *"What brings you comfort or joy?"*
- *"Who reminds you of your strength?"*

Sharing & Reflection (5 minutes)

Sharing is optional and not required.

Prompts:

- "What felt meaningful to include?"
- "What do you hope your Hope Box brings you?"
- "What was the experience of creating this like for you?"

Closing (3 minutes)

Suggested Script: *"Thank you for creating this space today. Your Hope Box is a reminder that you deserve care, rest, and compassion. NEDA is here with tools and resources whenever you need support."*

Provide participants with extra NEDA affirmation slips to continue adding at home and a NEDA card.