**Hope and the Conversations in Our Head**

 Teachers Instructions in this skit will be hard to lay out in this document. If you get the *big idea* of this demonstration staging hope and conversations in your head, you can make it your own and do it to suit your needs and grade level.

 The basic idea is bring to life the idea that there is a constant conversation in our heads known as self-talk that takes the form of *I can* or *I can’t*. Psychologists refer to this as positive self-talk and negative self-talk. In high hope people, the positive self-talk drowns out negative self-talk. In low hope people, the opposite is true. So that we can demonstrate this to students, it is suggested that you purchase cheap party masks, black and white. Have a student facing a test sit in a seat in front of class while you show the slide on self talk. Bring to life the talk by having a few other students in the class volunteer to be the positive and negative voices in the head. These students wearing white masks can utter positive affirming statements and negative in the black masks (you can’t do it, it’s impossible, etc.). To have students actually see the idea of high hope and low hope, have one color mask take a knee and go silent while the other color mask takes over. In high hope the positive voices dominate and the negative voices take a knee. Do the opposite for low hope students.

 Next, demonstrate the power of other people to control the voices in our head and our self-talk by having two more students volunteer to be either a hope creator or a hope crusher. Using the animation on the PowerPoint slides, demonstrate how a positive other, a hope creator, who now wears a white ski mask can silence the negative voices. In the same way, using the animation on the PowerPoint slides, demonstrate how a negative other, a hope crusher, who wears a black ski mask can silence the positive voices.

 Now use the slide on the admission standards, have students in pairs discuss and make the decision on whether to go to Harvard or Hartwick if they want to be a doctor. Have a student explain their answer and volunteer to one of the schools and seat them in front facing the class. Select a student with the opposite choice and have them sit in another seat so both students are facing the class. Welcome them to their schools using the appropriate slides and give them their grades on their first organic chemistry test. The grades are B- at Harvard and A+ at Harvard. Bring back the positive and negative voice students and demonstrate which dominates in each students based on the grade.

 Now show the slide on the percentage of students at each school who go on to medical school. Have students analyze and reflect on these statistics. It should bring together the idea of positive and negative voices in the head, hope, as well as failing well, mindset effort and maybe even the power of others. Students will now read the book, Rose Revere and answer the questions about the power of others to shape our hope.

 Finally, students in class will discuss the person who has positively changed the conversation in their head with a partner. The homework involves writing a letter to properly thank that person after watching the engaging you tube video on the screen.