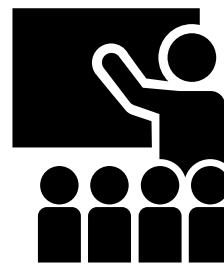


For teachers

Mary's Meals provides school meals to over 2.4 million children living in poverty every school day. This Advent, Mary's Meals is inviting people around the UK to share a Christmas Tree of Hope with a loved one, while helping provide school meals to hungry children. You can take part with your class and explore the meaning of hope together.



- **Introduce the work of Mary's Meals to your class**
 - For children aged 4-7, you can use Photo Pack 2 on our [resources page](#), which comes with notes.
 - For children aged 8+, you can share the [Hunger to Hope video](#).
- **Have a discussion with your class about hope**
 - What does hope mean to you?
 - What makes you feel hopeful?
 - What stories do you know that make you feel hopeful e.g. The Nativity
 - How does Mary's Meals spread hope?

Using the accompanying worksheet, encourage your pupils to design their own Christmas Trees of Hope. They can use their favourite colours and draw on decorations. Share your designs with us on social media [Facebook](#), [Twitter](#), and [Instagram](#).

Extension: Encourage the children to think of words they associate with hope and add these around their trees

- **Talk as a class about how you can spread hope to other children this Christmas, by supporting Mary's Meals. Here are a few ideas:**
 - Hold an art exhibition for your Christmas Trees of Hope with attendees giving a small donation
 - Turn your Christmas Trees of Hope into Christmas cards to sell at your school Christmas fair
 - Hold a Christmas Trees of Hope competition with children bringing a small optional donation to school to take part.

It costs just £19.15 to feed a child for a year, so your class can make a real difference for children around the world.

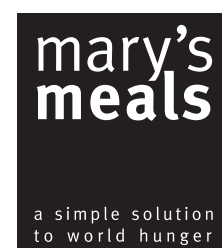
- **You can pay in money you have raised to our Christmas Trees of Hope page, including decorating your own online tree which can be viewed on our website.**

 facebook.com/MarysMealsUKcharity

 twitter.com/MarysMeals

 instagram.com/MarysMealsUKCharity

marysmeals.org.uk





Design your Christmas Tree of Hope

Mary's Meals serves school meals to children around the world to help them come to school and have the food they need to learn and play. These meals bring hope to children and their families. Design a tree that makes you feel hopeful and happy – you can choose the shape of your tree, use bright colours and decorations.





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