



Cool.org Hope & Act Framework Information Guide

From mindset to movement, and back again.
This is the power of Hope & Act.



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Cool.org Hope & Act Framework

Using this guide



This Framework has been researched and designed to support learners in how we see and engage with our world around us. Consider your learning intentions where Hope & Act can help, and use the Framework to plan or guide your work, or use it directly with your learners as prompts or to help them make better choices. Be sure to consider your learners' ages and abilities, the suitability of your resources, and the broader networks that can help.

You could use one section (such as Reframe) or just one tactic (such as Pitch ideas) to support your learning experience. The Framework is best used in conjunction with real-world examples; check out [Cool.org](https://cool.org) for lots of these resources. Be aware that Hope & Act are not linear processes. They are proven to be reciprocal experiences - taking small actions to make things better gives us hope, and reframing stories, along with inspiring people, helps us redefine what it means to take action.

About Hope

Hope Theory (developed by Charles 'Rick' Snyder, 2000) is based on research showing that hopeful people are better able to set and work towards goals despite setbacks or challenges. Research (such as Positive Psychology) has repeatedly shown that people who are hopeful are more resilient and will perform better academically while also achieving better mental health and wellbeing.

About Act

Design Thinking has been proven to move people from a position of knowledge and understanding to ideation and prototyping to tackle complex problems. Stephen Covey's work is also woven into our Framework by taking action within our spheres of control and influence rather than being overwhelmed by our concerns.

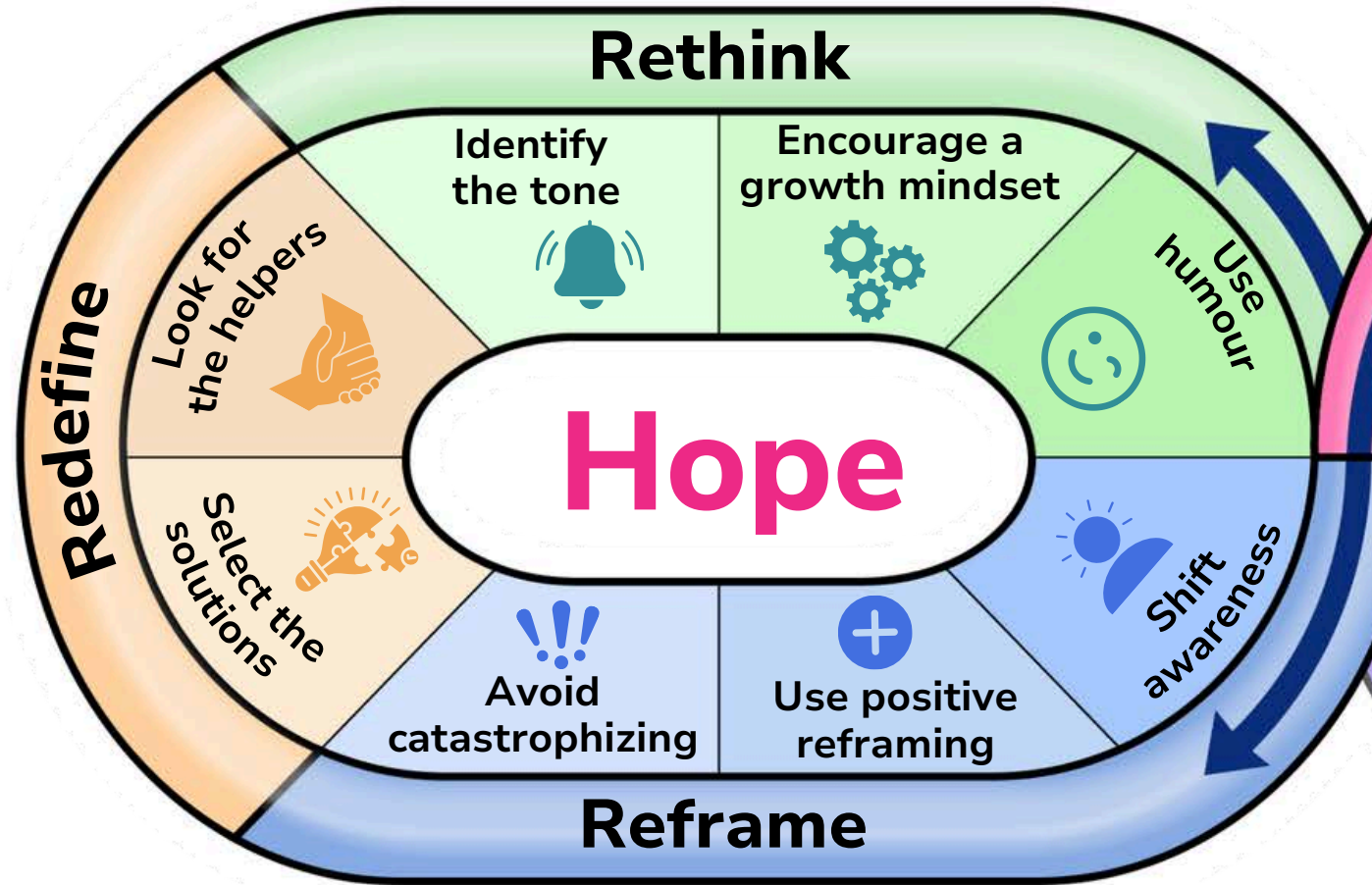
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Hope

Scale the solution

Hope is a powerful and learnable mindset. It shapes how we think about, see, and engage with our world.

When young people have a genuine sense of hope, they stop seeing the world's problems as things that happen to them and start seeing them as things they can change.

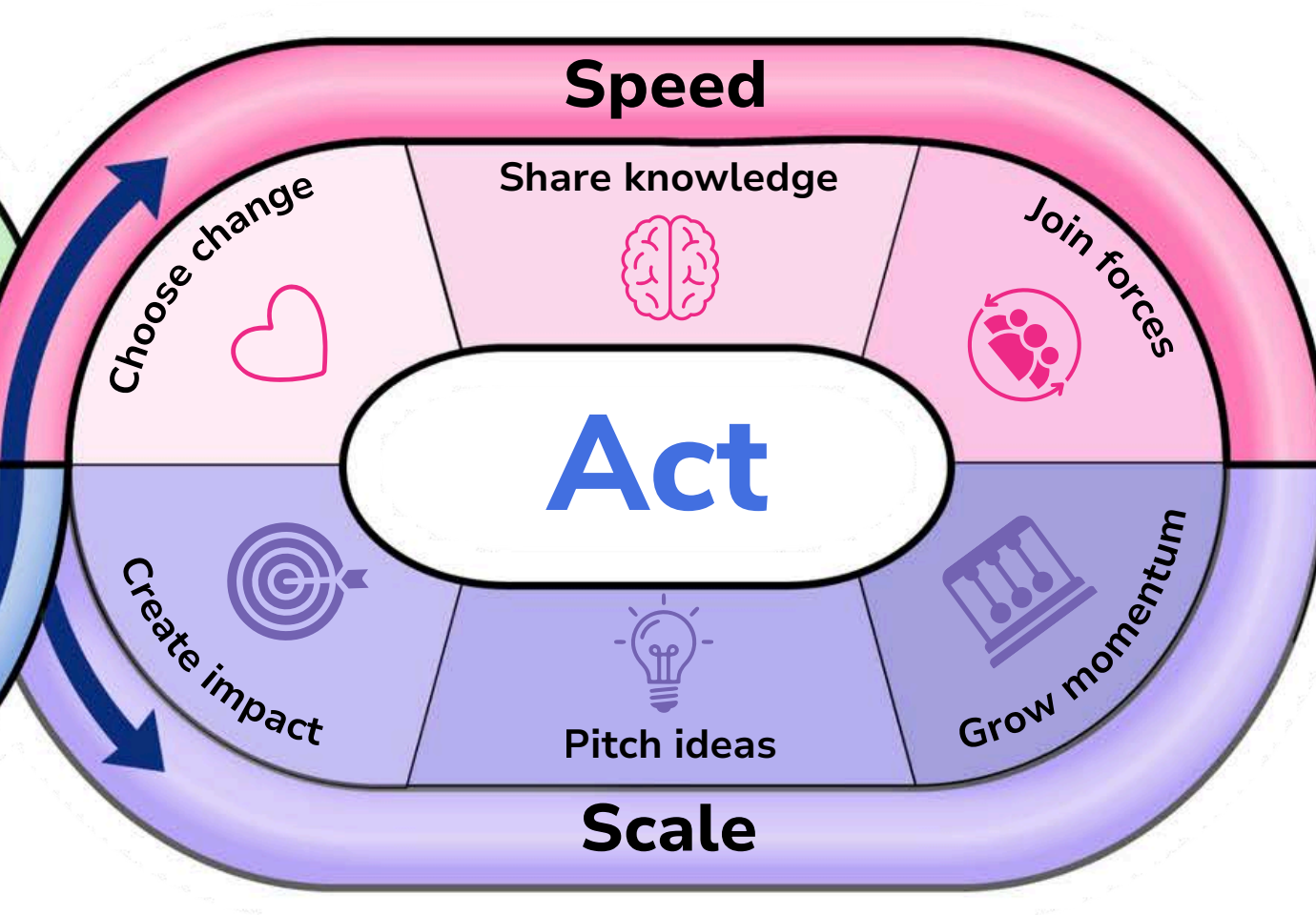


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Act

Reframe the challenge



Taking action
isn't activism.

It's about how you
show up and positively
impact our world.

When hope and action
work together, young
people don't just learn,
they lead. They
build skills and
capabilities for their
learning, their work,
and their communities.

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Identify the tone

Help learners identify and express language used around pessimism and optimism.

- Read texts and discuss which words have positive or negative connotations
- Watch videos and identify the emotions expressed and displayed
- Sort news into good, bad, and better.



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RETHINK



REFRAME



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SPEED



SCALE





Encourage a growth mindset

Encourage learners to see their abilities and potential and reinforce that understanding and knowledge grow over time and with experience.

- Use thinking tools such as “I used to think... Now I think...”
- Practise critical thinking and metacognition strategies.
- Role model your own or others' change in learning
- Remind others about the role of practice, prototyping and planning.



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Use humour

In the right context, some humour, an amusing story, or a pun can be a great antidote to negativity bias.

- Wordplay. Such as “There is no Planet B”
- Being light-hearted. Such as “The correct term for washing an oiled penguin is to ‘floof’ it.”
- Consider the ridiculous - take the small, funny things and run with them!

Know your audience! Make sure your humour is inclusive and kind and not at someone’s expense



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Avoid catastrophizing

Be mindful not to focus on repeated doomsday scenarios, and help learners find proactive, small steps to address the problem.

- Audit how much content in your curriculum might be focusing on disasters or tough issues
- Avoid sharing information sources that seek to sensationalize a situation
- End each lesson with a Take Action that leaves students feeling empowered
- Take breaks from the tough stuff. For example, look at the impacts of a bushfire event, but look at the teams rehabilitating and releasing wildlife.



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Use positive reframing

Help learners seek positive ways of evaluating an event and reframe challenges by looking at them as temporary, specific and possible to change.

- Look at regrowth and regeneration, such as forests after bushfires
- Explore recent discoveries, such as scientists regrowing coral reefs
- Share stories of finding safety, such as refugees who found safety and security.

****Be mindful of not downplaying traumatic experiences. Rather than forcing positivity, provide pathways for positivity to grow.****



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Shift awareness

Show learners that there are different ways to view a situation. Help students understand the perspectives of other people or stakeholders with empathy, questioning, and observation.

- Identify the different roles of people involved in a challenging situation
- Use prompting questions to look at perspectives - What did these people do? How were they feeling? Why did they respond in the way they did?
- Humanise the stakeholders involved and build deeper levels of understanding.



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Select the Solutions

Support learners to focus on the responses and actions that led to solutions.

- Break the issue into smaller problems. “How do you eat an elephant? One bite at a time!”
- Move from big ideas to achievable, realistic actions
- Past events mean looking at the actions and responses that led to solutions
- What lessons can we learn from the past to be prepared for the future?



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Look for the Helpers

Highlight the role of responders in times of crisis: those who take the initiative and those who rally support from people, resources, and activities.

- It is a famous quote by Mr. Rogers. It moves learners from helplessness in a disaster to a response
- Finding the names or roles of individuals who are helping
- Identify organisations lending assistance
- Think about what is needed - create a list of agencies that can help.



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Choose change

Choose to change your habits and form new ones by considering what you do, buy and select.

- Make a personal pledge for action
- Change the way you shop or the things you buy
- Consider the choices you have before you select
- Change your behaviour in small ways
- Choose to make a change now.



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Share knowledge

Share the knowledge you develop by reading, watching, listening and actively finding out ways to be able to pass it on.

- Read, watch or listen to things that inform with facts
- Engaging in discussions around the changes you'd like to see or make
- Share your learning using visuals, video, or audio
- Write a letter about your passions
- Attend a workshop or seminar and share what you learned
- Wear a pin or a badge that shows your support.



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Join forces

Join networks and grow your connections by finding organisations or movements.

- Research an organisation or movement to learn more
- Join groups that align with your values and do work you agree with
- Volunteer your time to help out
- Contribute to community events or fundraisers.



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Create Impact

Create and experiment with building stuff that will make the situation better.

- Use materials that others are wasting
- Make a solution that helps someone, such as food or care packages
- Create artwork or photos to communicate your message
- Design something wearable that spreads your message
- Make something people can see or hear, such as a website, a poster, or music.



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Pitch ideas

Pitch to people to find your voice by talking, debating, writing, recording and exchanging ideas.

- Seek advice on your ideas with someone you respect
- Deliver 5-min pitches on the Issue, Ideas, and Impact
- Write an article or social media post for an audience
- Participate in a formal debate or a hackathon
- Write and record a song, slam poetry, or a story
- Find a mentor, investors, or people to back you.



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Grow momentum

Grow your crowd and amplify your voice by organising events involving your community and beyond, or even starting a business!

- Form a working group and plan your objective
- Organise an event like an art show, a workshop, a food stall or a clean-up that aligns with your message
- Present to a crowd at an event or a conference
- Start a petition or a membership drive around an issue
- Explore a social enterprise model to really go big!



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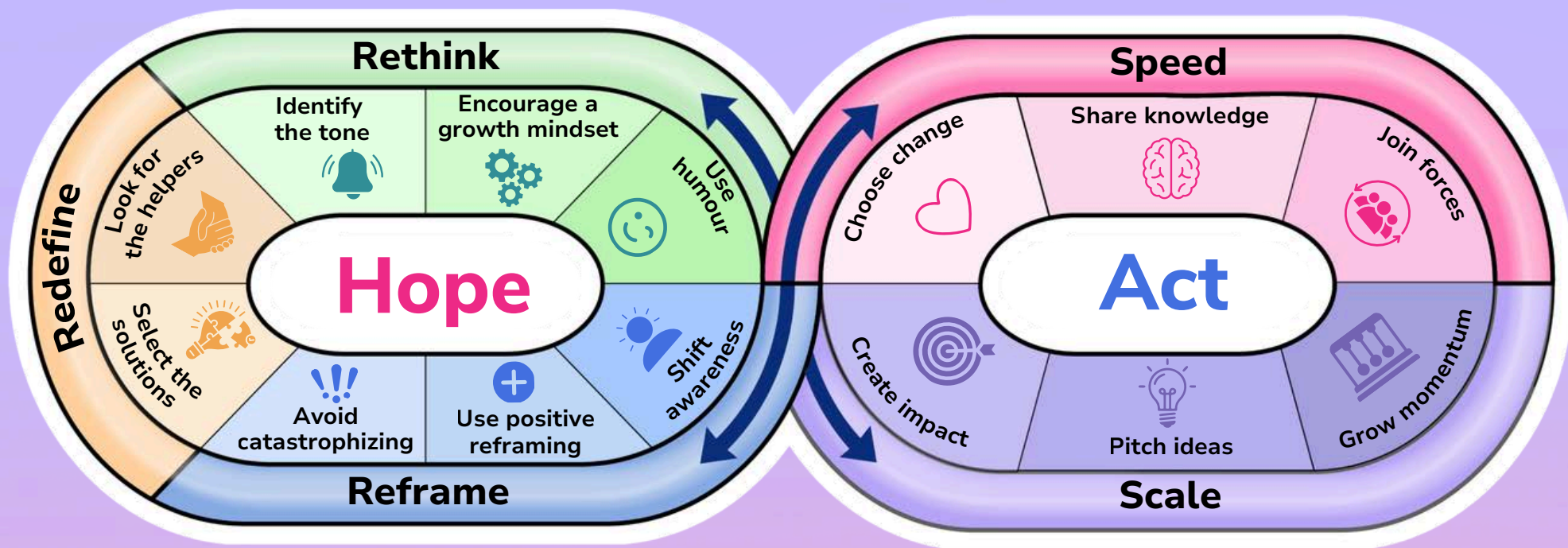
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