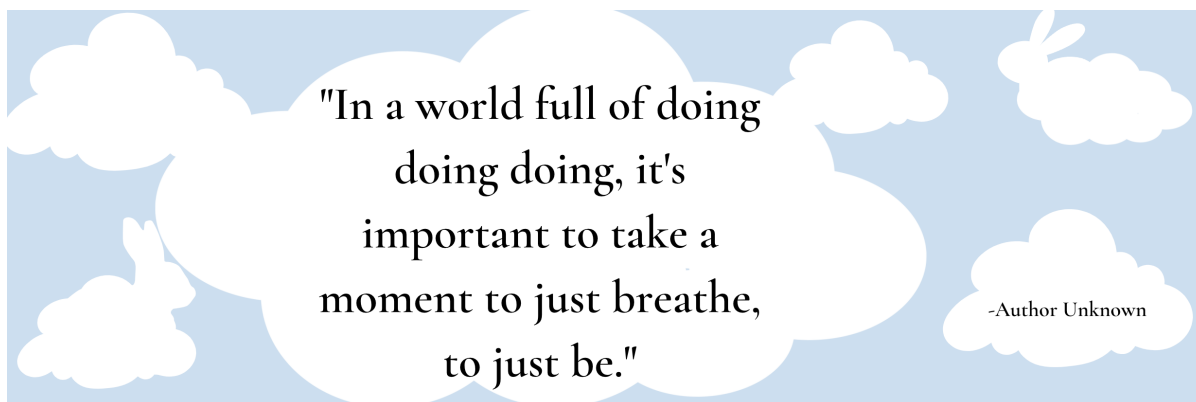




HOPE SQUAD



April 2023



90 Seconds of Hope

"Mindfulness" with Phillip Enkey



ANNOUNCEMENTS!

April 11th: Hope Squad Member Support Call

Mark
Your
Calendars!

A.p.r.i.l						
SUN	MON	TUE	WED	THU	FRI	SAT
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

April 9th:
Easter Sunday

April 10th:
Easter Monday

April 11th:
Hope Squad Member Support Call

Hope Squad Member Support Call April 11th at 4 PM (MST)

Each month on the 2nd Tuesday at 4 PM (MST), a support call will be hosted by the Hope Squad National Council for all Hope Squad members. The National Council will share a message about the monthly theme.

[Click here to register.](https://bit.ly/hopesquadsupport)



Please scan this QR Code or go to: bit.ly/hopesquadsupport to register

Hope Squad National Council Application

The **Hope Squad National Council** consists of Juniors and Seniors throughout the country who have served on their local **Hope Squads** at least one year.

They continue to serve on their local squad while also serving as **Hope Squad National Council members**.

Click [HERE](#) to download the 2023-2024 Hope Squad National Council Application



Awesome Hope Squad Ideas!

Yoga at Lunchtime



Easter Egg Hunt



&



Just *Breathe*



Walk Barefoot

Ways to Practice
Mindfulness



Take a Shower



Spend Time in Nature



Practice *Yoga*



Guided Meditation

**SURVEY
SAYS...**

WHAT IS YOUR FAVORITE THING ABOUT
BEING A HOPE SQUAD MEMBER?



SCAN THE QR CODE AND LET US KNOW!



MARCH'S SURVEY RESULTS!

What is Your Favorite Hope Week Activity?



"Trying to
talk to as
many people
as I can and
give tons of
genuine
compliments"



"Pep
Rally!"



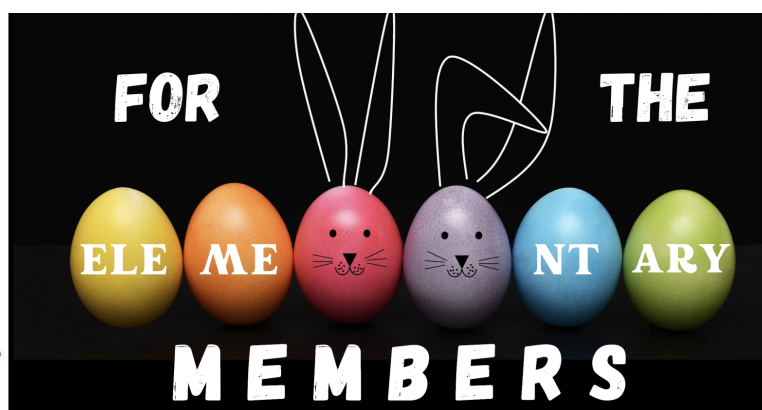
"Paper
Chains!"



● TALK TO TWEENS ●

Utah's Intermountain Healthcare has released mental health videos for no cost to the public and schools. Jocelyn Osmond, a sophomore at Lone Peak High in Utah is featured in the videos. Click the image to be linked to the videos!

For more videos like this one, click the links to learn about [Stress and Anxiety](#), [Emotional Health](#), and [Social Health](#).



The Mindful Dragon

By Steve Herman



Read Aloud by "Melissa's Reading Room"

Hope Squad Post Surveys



Do you want to see YOUR ideas featured??



May's Theme is Courage!



Send us your poems, artwork, articles, squad ideas, etc!

Email submissions to:
members@hopesquad.com

Want to follow us on social media? Click the icons below!



HOPE

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