For some time, the approach to child development has focused on adverse childhood experiences (ACEs) and the resulting toxic stress and poor mental and physical health outcomes that can follow multiple ACEs. The language of HOPE – Healthy Outcomes from Positive Experiences – uses a positive lens, one which focuses on the buffering effects of positive childhood experiences and building on pre-existing strengths, to translate public approaches to the child’s own experiences.

This activity book offers an opportunity for families to enjoy a Positive Childhood Experience together while learning more about the HOPE framework.

Visit HOPE positiveexperience.org
(Word) Search for HOPE

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

antiracist, building blocks, childhood, community, connection, emotional growth, engagement, environment, family, individualized, positive, relationship, resilience, strength

answer key
What color means HOPE to you? Grab your favorite crayons or markers and color!

The color of HOPE
Find the hidden message

This puzzle is a word search puzzle that has a hidden message in it. First find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words, copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

blocks, building, childhood, experiences, for, four, hope, of, positive, the

answer key
Families come in all sizes, ages, relationships, genders, and colors. Sometimes, we are born into our families. Other times, we meet our family members as we go through life. Who are the people (or pets) in your family portrait?

What are their names?
The (brain) science of HOPE

The latest science shows that our brains can change to improve our health even if negative things have happened in life. It is similar to the way that mazes, puzzles, and learning something new can help our brains. This is why positive childhood experiences are important for everyone.
Four building blocks of HOPE

With HOPE, families and communities decide what their four building blocks look like based on their experiences, resources, and cultures. Color in your unique building blocks!

Relationships

Environment

Civic engagement

Emotional growth
Match the building block

Write the letter of the correct match next to each definition:

<table>
<thead>
<tr>
<th></th>
<th>Emotional growth</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>a. Within the family and with other children and adults through interpersonal activities.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Building blocks</td>
<td>b. Safe, equitable, stable places and spaces for living, playing, learning at home and in school.</td>
</tr>
<tr>
<td>4.</td>
<td>Engagement</td>
<td>d. In social and civic settings to develop a sense of belonging and connectedness.</td>
</tr>
<tr>
<td>5.</td>
<td>Relationships</td>
<td>e. Composed of key Positive Childhood Experiences (PCEs) —and the sources of those experiences and opportunities</td>
</tr>
</tbody>
</table>

answer key
Tell a story about a positive experience you remember. What building block does it represent? See the example below.

BUILDING BLOCK: RELATIONSHIPS

Happy birthday, pal!
Wow! Thank you! What a surprise!

Really? Don’t you have plans for tonight?
Yes, dinner with my family, but nothing with friends.

Do you want to play a video game with Hector and me later?
Sounds great! Fun with my family and my friends! See you online!

BUILDING BLOCK:

Hint: Relationships, environment, engagement, and emotional growth
Resources:

HOPE website - https://positiveexperience.org

• HOPE brochure
• Handouts
• Anti-racism toolkit
• Workshop flyer
• Online learning course
• 2021 Summit videos

Up next

Activity answers for: word search, hidden message, maze, word match
Word search answer key

antiracist, building blocks, childhood, community, connection, emotional growth, engagement, environment, family, individualized, positive, relationship, resilience, strength
Hidden message answer key

blocks, building, childhood, experiences, for, four, hope, of, positive, the
Maze answer key
Match the building block answer key

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<td>Environment</td>
<td>c. Developed by playing and interacting with peers for self-awareness and self-regulation.</td>
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<td>3.</td>
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More about the four building blocks of HOPE: