

## Building Blocks of HOPE

These four Building Blocks are important factors in growing up healthy. Share what's working & your provider will brainstorm with you for solutions to anything that's not working.

### Relationships:

Who is someone outside of your family that really cares about you?

### Environment:

Describe a place you love to go and have fun?

### Engagement:

What is your favorite sport or activity?

### Emotional Growth:

Who can you talk to about your feelings?  
How do you take care of yourself when you're not feeling your best?