

## Four Building Blocks of HOPE interactive worksheet

### Ages Group: 0 to 5 years

The Four Building Blocks of HOPE are composed of positive childhood experiences (PCEs) —and the sources of those experiences and opportunities—that help children grow into healthy, resilient adults.

**Instructions for Parents:** Reflect on positive aspects of your child's life that fit each of Building Blocks and select the boxes provided next to each Building Block that you feel your child has in their life.

**Relationships** within the family and with other children and adults through interpersonal activities.



- A healthy relationship with an adult that lives with them
- A healthy relationship with an adult that does not live with them
- Other: \_\_\_\_\_

**Safe, equitable, stable environments** for living, playing, learning at home and in school.



- Regular access to healthy food and resources
- A safe and stable place to live
- A safe place to play at home
- A safe place to play outside the home
- Other: \_\_\_\_\_

**Social and civic engagement** to develop a sense of belonging and connectedness.



- A group that they meet with regularly
- Participation in activities that connect them with their cultural heritage
- Other: \_\_\_\_\_

**Emotional growth** through playing and interacting with peers for self-awareness and self-regulation.



- A friend they play with regularly at home
- A friend they play with regularly outside of the home
- Other: \_\_\_\_\_

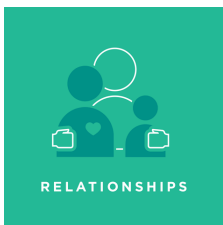
## Four Building Blocks of HOPE interactive worksheet

### Ages Group: 5 to 12 years

The Four Building Blocks of HOPE are composed of Positive Childhood Experiences (PCEs) —and the sources of those experiences and opportunities—that help children grow into healthy, resilient adults.

**Instructions for Parents:** Reflect on positive aspects of your child's life that fit each Building Blocks and select the boxes provided next to each Building Block that you feel your child has in their life.

**Relationships** within the family and with other children and adults through interpersonal activities.



- A healthy relationship with an adult that lives with them
- A healthy relationship with an adult that does not live with them
- A healthy relationship with an adult at school
- Other: \_\_\_\_\_

**Safe, equitable, stable environments** for living, playing, learning at home and in school.



- Regular access to healthy food and resources
- A safe and stable place to live
- A safe place to play at home
- A safe place to play outside the home
- Other: \_\_\_\_\_

**Social and civic engagement** to develop a sense of belonging and connectedness.



- A group that they meet with regularly
- Participation in activities that connect them with their cultural heritage
- Participation in activities they feel passionate about
- Other: \_\_\_\_\_

**Emotional growth** through playing and interacting with peers for self-awareness and self-regulation.



- A friend they play with regularly at home
- A friend they play with regularly outside of the home
- A friend that helps them feel supported
- Other: \_\_\_\_\_

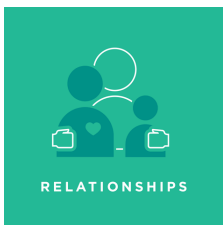
## Four Building Blocks of HOPE interactive worksheet

### Ages Group: 12 to 18 years

The Four Building Blocks of HOPE are composed of Positive Childhood Experiences (PCEs) —and the sources of those experiences and opportunities—that help children grow into healthy, resilient adults.

**Instructions for Parents:** Reflect on positive aspects of your child's life that fit each Building Blocks and select the boxes provided next to each Building Block that you feel your child has in their life.

**Relationships** within the family and with other children and adults through interpersonal activities.



- A healthy relationship with an adult that lives with you
- A healthy relationship with an adult that does not live with you
- A healthy relationship with an adult at school
- Other: \_\_\_\_\_

**Safe, equitable, stable environments** for living, playing, learning at home and in school.



- Regular access to healthy food and resources
- A safe and stable place to live
- A safe place to play at home
- A safe place to play outside your home
- Other: \_\_\_\_\_

**Social and civic engagement** to develop a sense of belonging and connectedness.



- A group that you meet with regularly
- Participation in activities that connect you with your cultural heritage
- Participation in activities you feel passionate about
- Other: \_\_\_\_\_

**Emotional growth** through playing and interacting with peers for self-awareness and self-regulation.



- A friend you play with regularly at home
- A friend you play with regularly outside of the home
- A friend that helps you feel supported
- A friend that listens when you talk about feelings or difficult topics
- Other: \_\_\_\_\_