HOPE

HEALTHY OUTCOMES
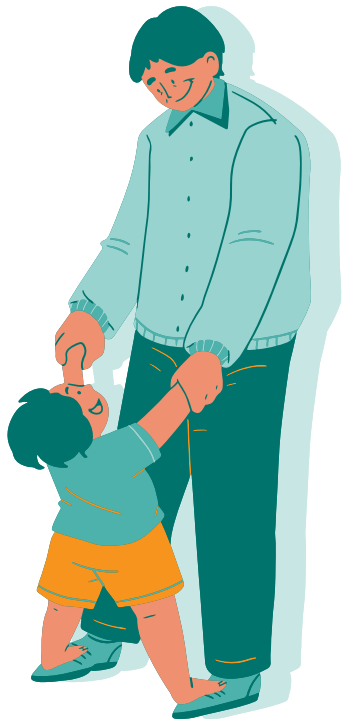### FROM POSITIVE EXPERIENCES

Family activity book

HOPE - Healthy Outcomes from Positive Experiences

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

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t n e m e g a g n e g r i y s h i r
e v i t i s o p h v l l t w k t n e
c b l l g v g f p i n i d e c w d l
a v u l w p y o z f n q n i o o i a
w b w i n e g n p u d v o b l r v t
s t r e n g t h m r i r t l b g i i
r c p k h n j m m r w r n w g l d o
l e o w q p o z o z w r t q n a u n
z o s n b c x n p n b l d v i n a s
c d r i n a m n r b f l z f d o l h
d y o m l e y y f l s u m i l i i i
x k g o n i c u g w p x v w i t z p
e l i t h y e t s z m j j r u o e e
o i b u l d e n i o w w e u b m d v
k y b i t e l a c o p z n r w e c i
y n m z s f k i y e n a g p b m t m
v a w s j n q o h c n x g u i x n y
f g x a n t i r a c i s t z j d l f
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hope

positive

growth

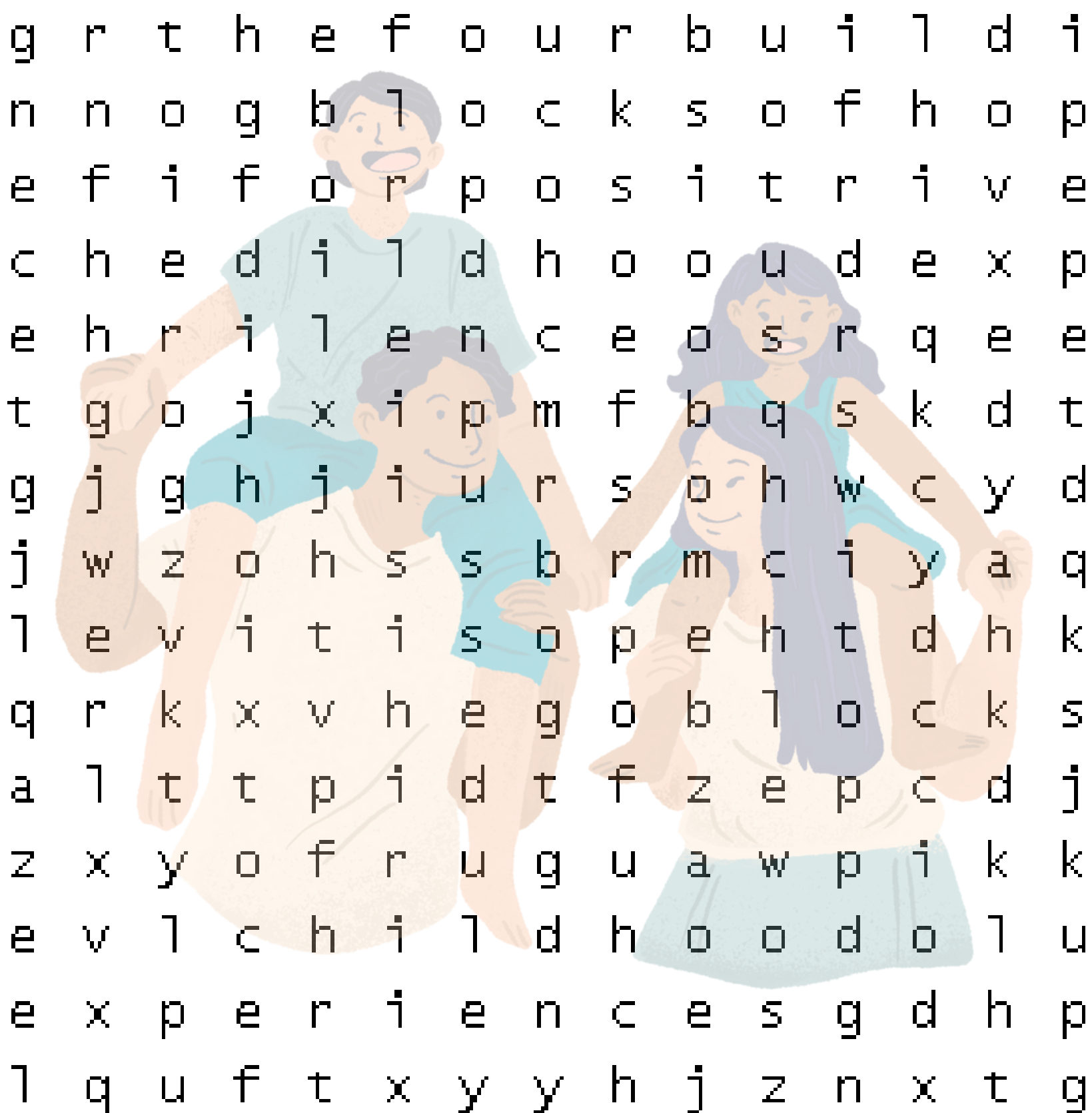What color means HOPE to you? Grab your favorite crayons or markers and color!

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

```
g  r  t  h  e  f  o  u  r  b  u  i  l  d  i
n  n  o  g  b  l  o  c  k  s  o  f  h  o  p
e  f  i  f  o  r  p  o  s  i  t  r  i  v  e
c  h  e  d  i  l  d  h  o  o  u  d  e  x  p
e  h  r  i  l  e  n  c  e  o  s  r  q  e  e
t  g  o  j  x  i  p  m  f  b  q  s  k  d  t
g  j  g  h  j  i  u  r  s  o  h  w  c  y  d
j  w  z  o  h  s  s  b  r  m  c  i  y  a  q
l  e  v  i  t  i  s  o  p  e  h  t  d  h  k
q  r  k  x  v  h  e  g  o  b  l  o  c  k  s
a  l  t  t  p  i  d  t  f  z  e  p  c  d  j
z  x  y  o  f  r  u  g  u  a  w  p  i  k  k
e  v  l  c  h  i  l  d  h  o  o  d  o  l  u
e  x  p  e  r  i  e  n  c  e  s  g  d  h  p
l  q  u  f  t  x  y  y  h  j  z  n  x  t  g
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___ ____ _____

_____ __ ____ __

_____ _____

_____

For answers, go to page 13

My family

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?
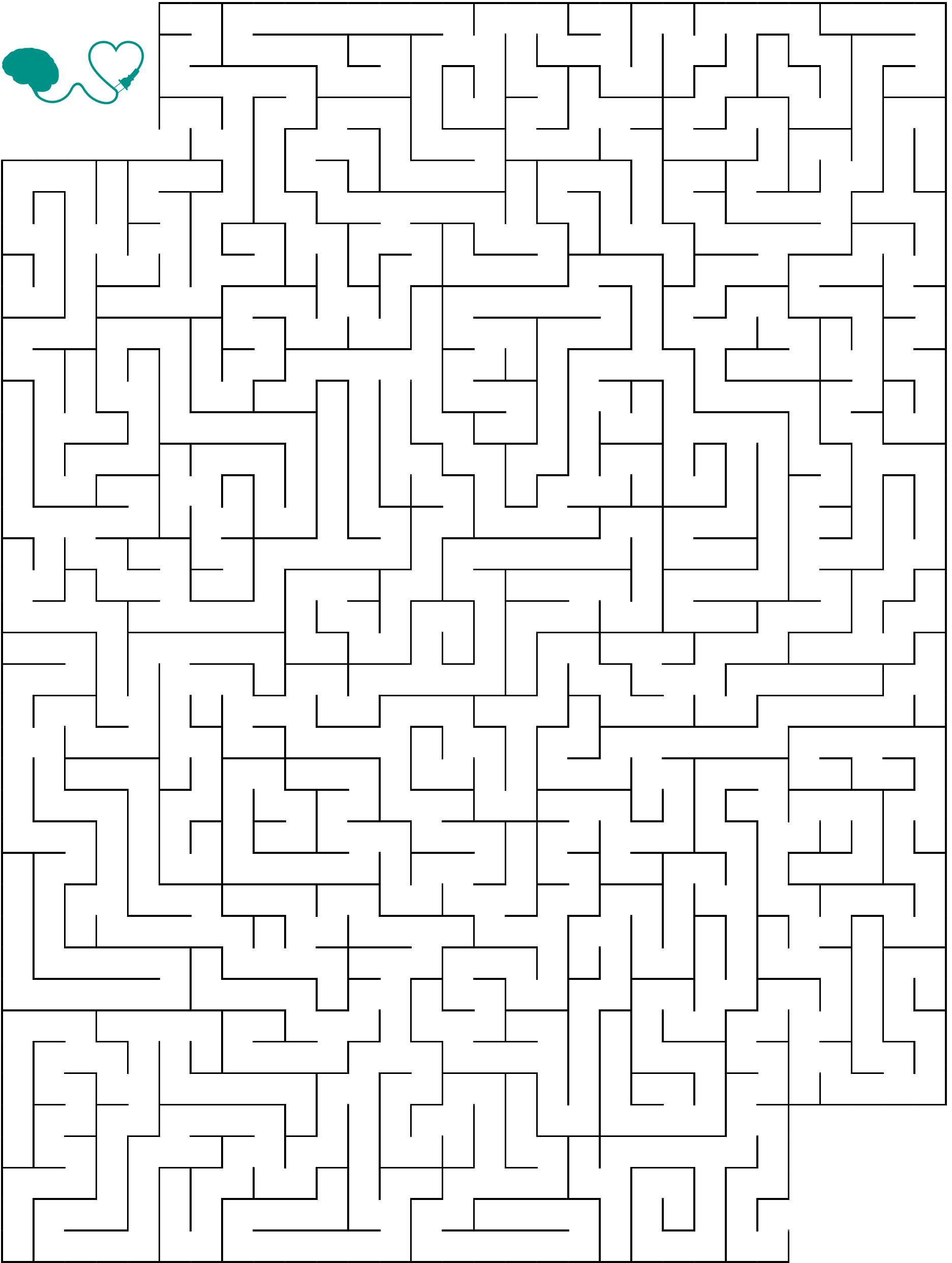
What are their names?
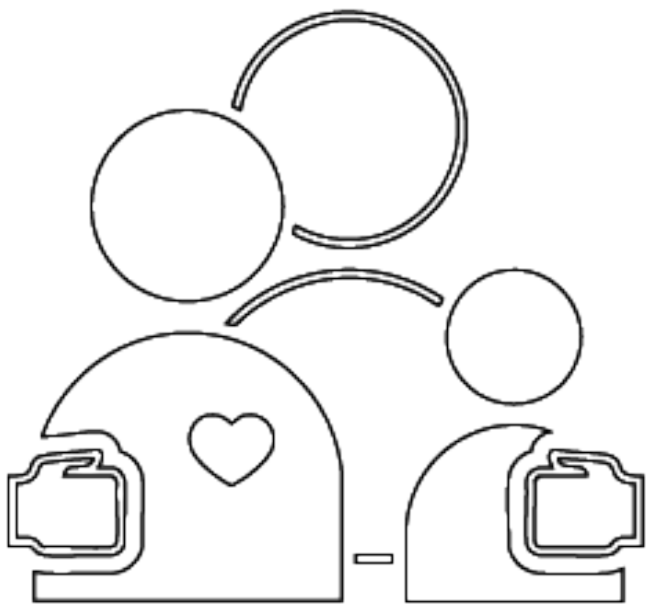
_____

_____

_____

_____

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.

For answers, go to page 14

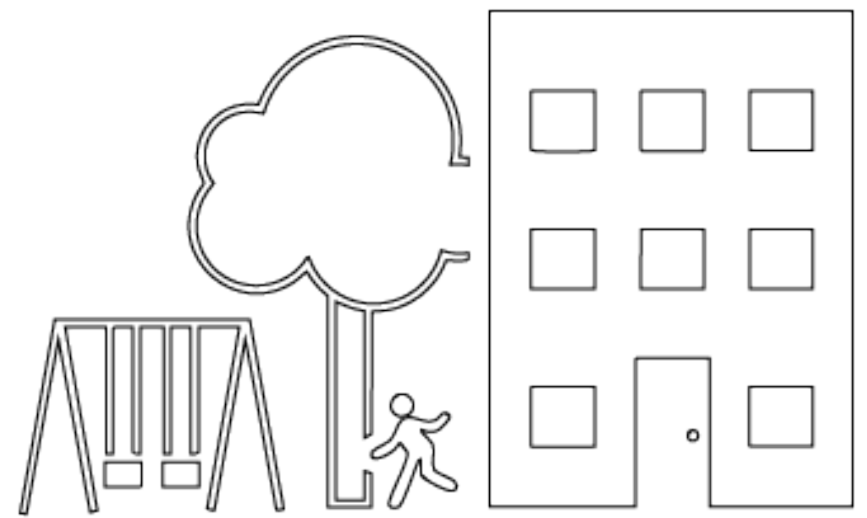# Four Building Blocks of HOPE

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!
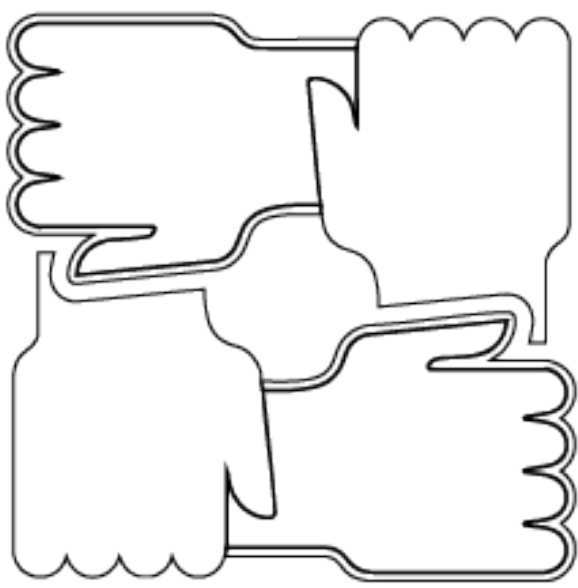
Relationships

RELATIONSHIPS

Environment

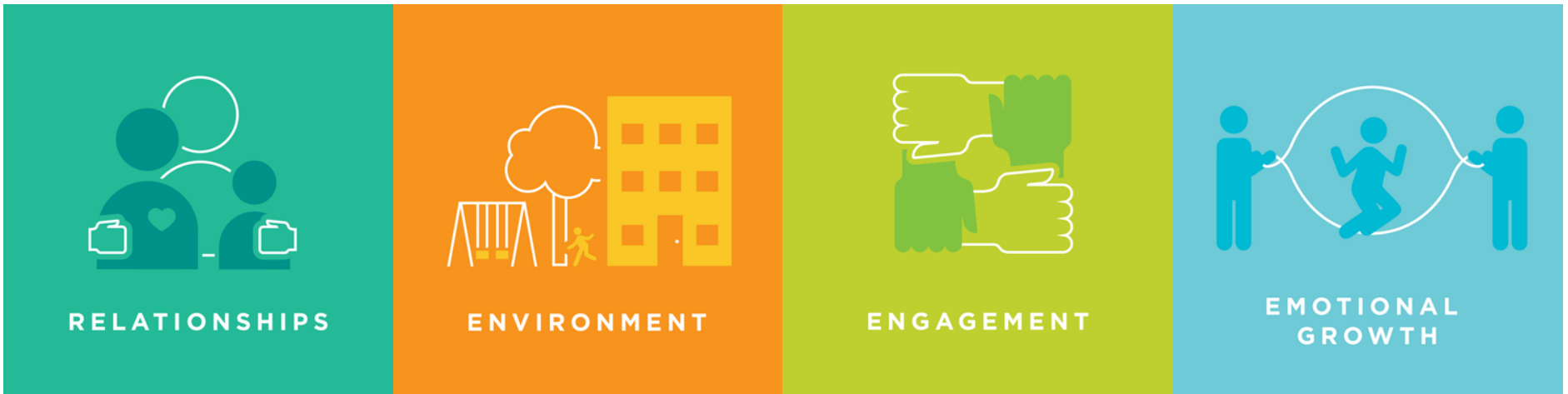ENVIRONMENT

Engagement

ENGAGEMENT

Emotional Growth

EMOTIONAL GROWTH

Match the Building Blocks

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

RELATIONSHIPS	ENVIRONMENT	ENGAGEMENT	EMOTIONAL GROWTH

1. _____ **Emotional Growth**

2. _____ **Building Blocks**

3. _____ **Environment**

4. _____ **Engagement**

5. _____ **Relationships**

a. Within the family and with other children and adults through interpersonal activities

b. Safe, equitable, stable places and spaces for living, playing, learning at home and in school

c. Developed by playing and interacting with peers for self-awareness and self-regulation

d. In social and civic settings to develop a sense of belonging and connectedness

e. Composed of key positive childhood experiences (PCEs) - and the sources of those experiences and opportunities
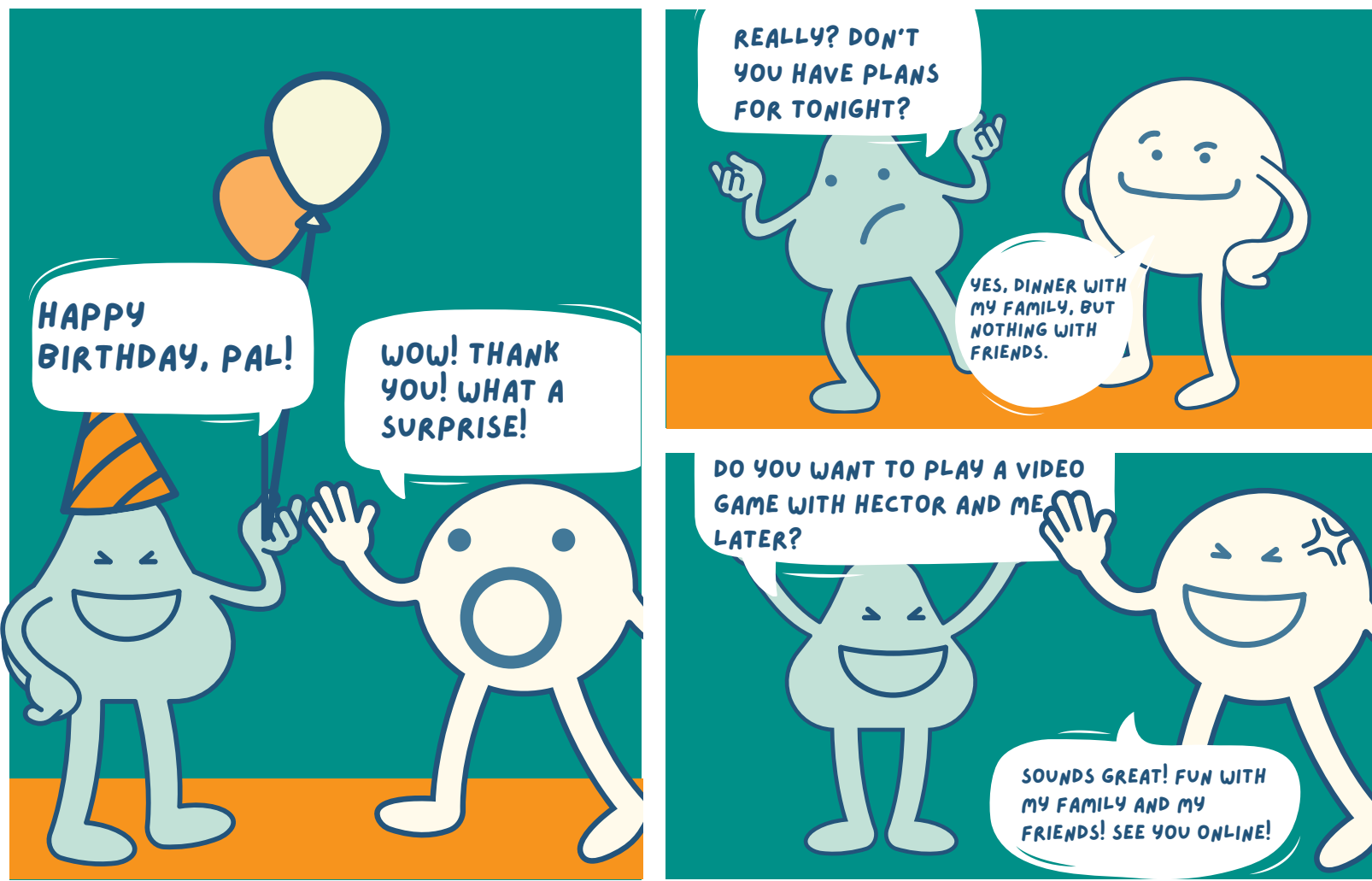
For answers, go to page 15

Story time

Tell a story about a positive experience you remember.
What Building Block does it represent? See the example below.
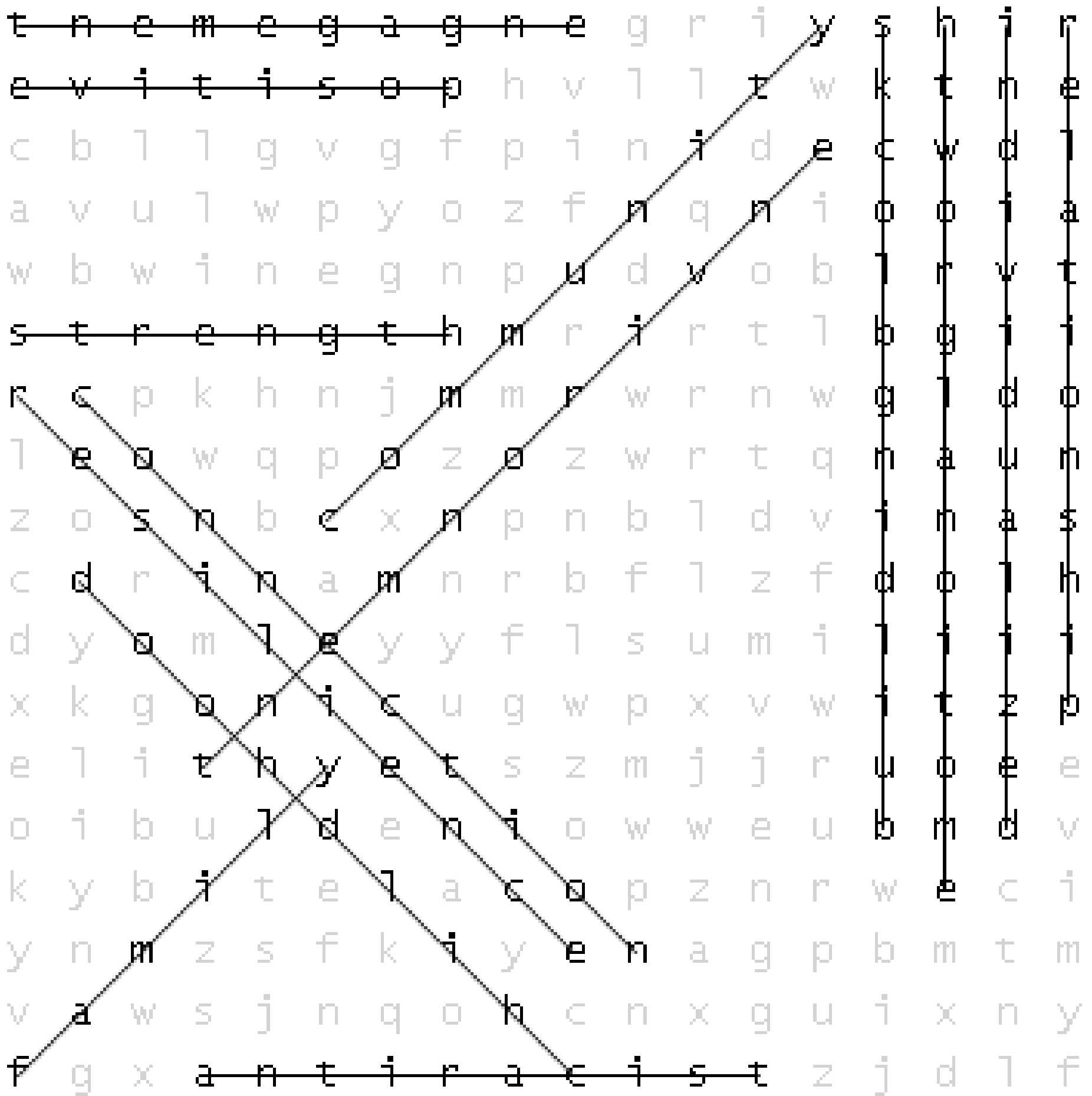
Building Block: Relationships

Building Block:

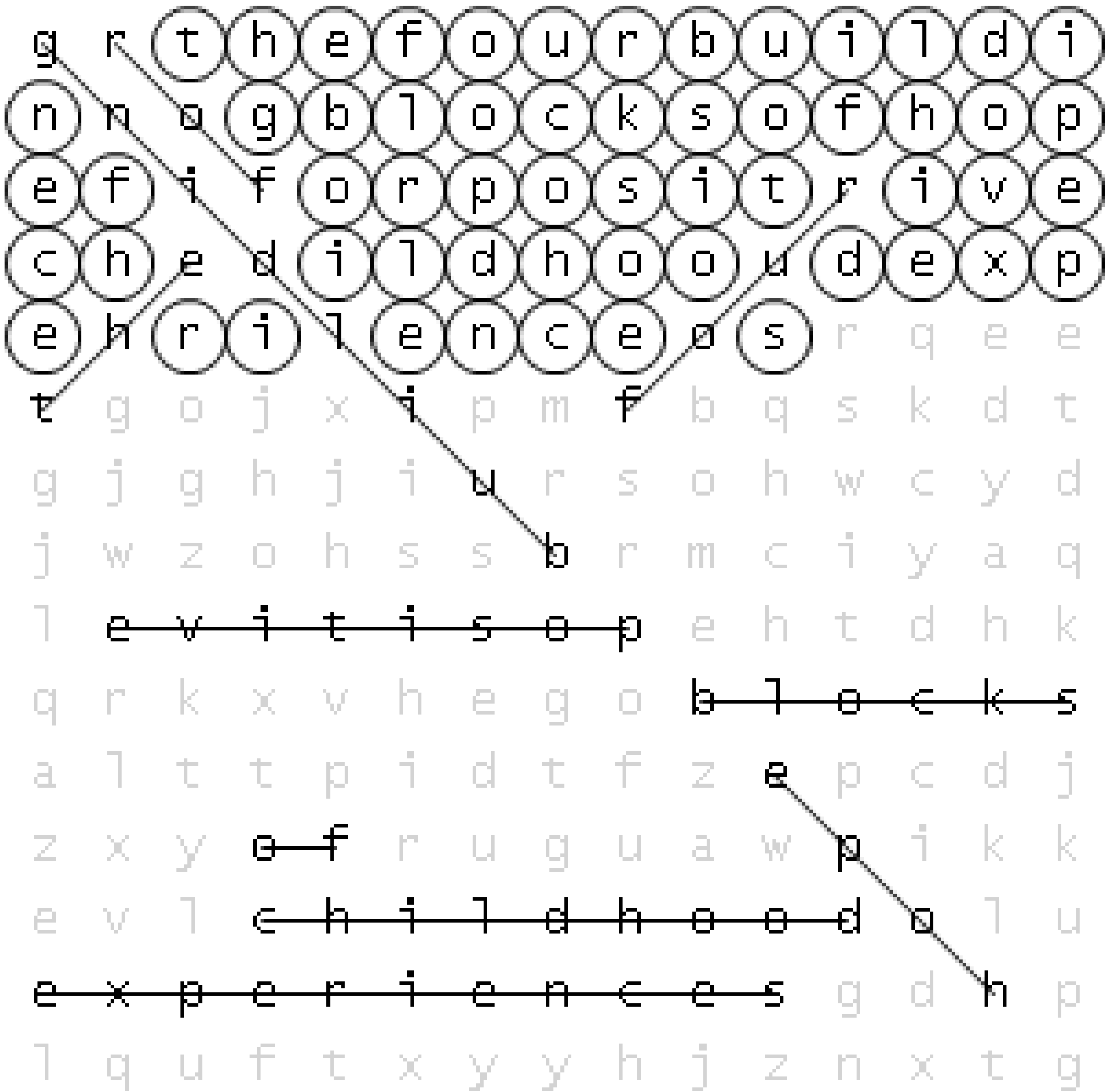Hint: Relationships, environment, engagement, and emotional growth

Answer key: Word search

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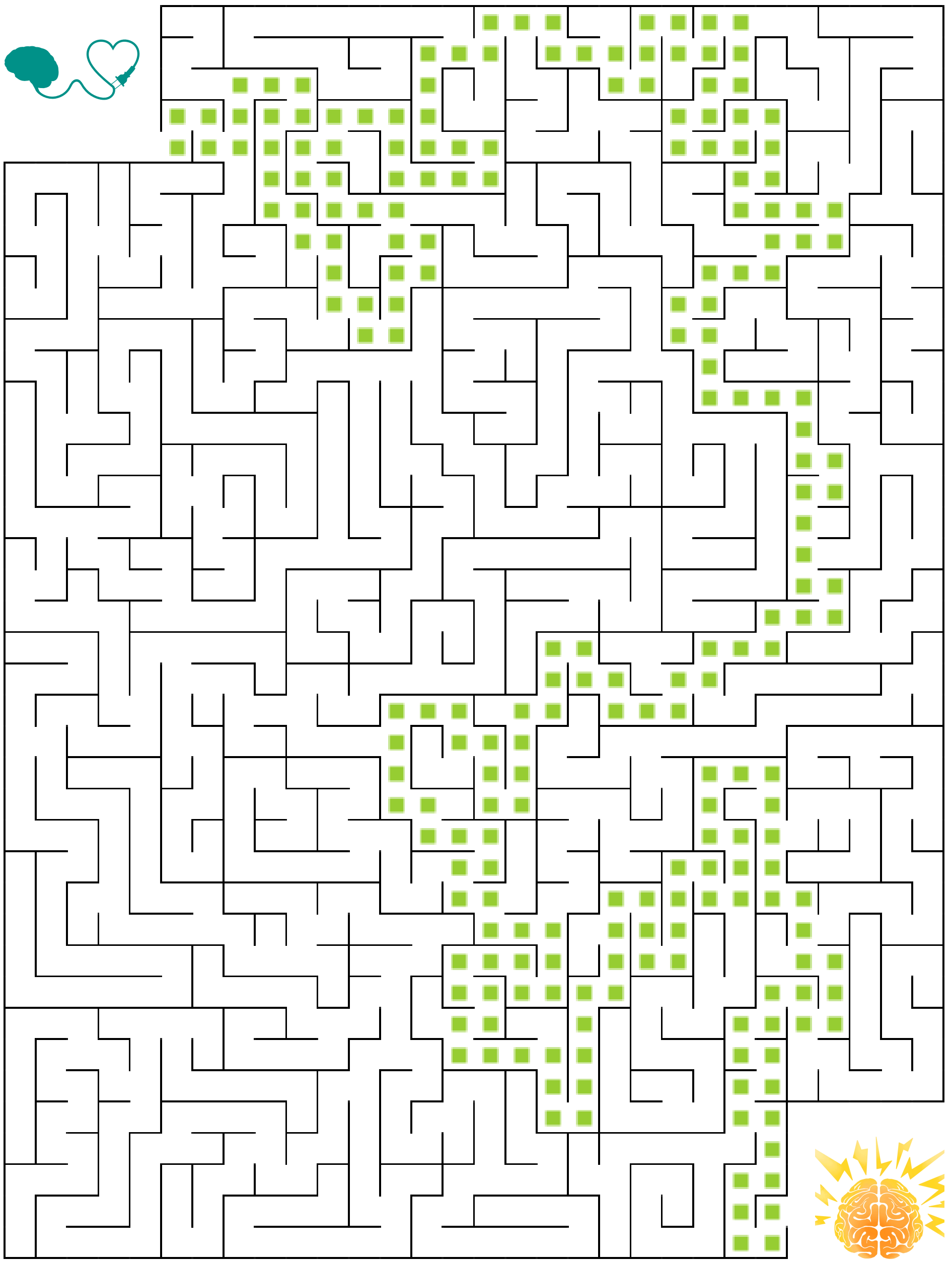
Answer key: Hidden message

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

g r t h e f o u r b u i l d i
n n a g b l o c k s o f h o p
e f i f o r p o s i t r i v e
c h e d i l d h o o u d e x p
e h r i l e n c e s r q e e
t g o j x i p m f b q s k d t
g j g h j i u r s o h w c y d
j w z o h s s b r m c i y a q
l e v i t i s o p e h t d h k
q r k x v h e g o b l o c k s
a l t t p i d t f z e p c d j
z x y o f r u g u a w p i k k
e v l c h i l d h o o d o l u
e x p e r i e n c e s g d h p
l q u f t x y y h j z n x t g

Answer key: Maze

Answer key: Match the Building Block

1. _____ c _____ **Emotional Growth**

2. _____ e _____ **Building Blocks**

3. _____ b _____ **Environment**

4. _____ d _____ **Engagement**

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