



The Four Building Blocks of HOPE

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

 <p>RELATIONSHIPS</p>	<p>Relationships within the family and with other children and adults through interpersonal activities.</p>	<p>What kinds of relationships?</p> <ul style="list-style-type: none"> • Child and child • Sibling and child • Child and parent • Other adults and child (e.g. teacher, community member)
 <p>ENVIRONMENT</p>	<p>Safe, equitable, stable environments for living, playing, learning at home and in school.</p>	<p>What kinds of relationships?</p> <ul style="list-style-type: none"> • Home • Classroom • Playgrounds • Community Centers • Religious spaces
 <p>ENGAGEMENT</p>	<p>Social and civic engagement to develop a sense of belonging and connectedness.</p>	<p>What kinds of engagement?</p> <ul style="list-style-type: none"> • After-school sports or activities • Volunteer work • Hobbies with friends and families • Mentorship programs
 <p>EMOTIONAL GROWTH</p>	<p>Emotional growth through playing and interacting with peers for self-awareness and self-regulation.</p>	<p>What kinds of emotional growth?</p> <ul style="list-style-type: none"> • Opportunity to share feelings in a safe way • Opportunities for children to lead on their own • Opportunities for children to express disagreement