

# 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.

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

## Download free HOPE resources



**HOPE Key Terms and Phrases**



**Four Building Blocks of HOPE worksheet**



**Four Building Blocks of Hope handout**



**The HOPE Building Block Game**



**HOPE family activity book**



**Strengths Based Building Blocks**