

TuftsMedicine

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

What kinds of relationships?

- Child and child
- Sibling and child
- Child and parent
- Other adults and child (e.g. teacher, community member)



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

What kinds of relationships?

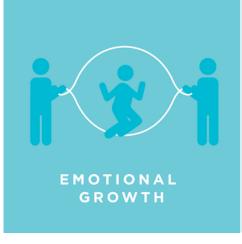
- Home
- Classroom
- Playgrounds
- Community Centers
- Religious spaces



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

What kinds of engagement?

- After-school activities
- Volunteer work
- Hobbies with friends and families
- Mentorship programs



Emotional growth

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

What kinds of emotional growth?

- Opportunity to share feelings
- Opportunities for children to lead on their own
- Opportunities for children to express disagreement

Download free HOPE resources



HOPE Key Terms and Phrases



The HOPE Building Block Game



Four Building Blocks of HOPE worksheet



HOPE family activity book



Four Building Blocks of Hope handout



Strengths Based Building Blocks