HOPEful Conversations

HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES (HOPE)

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# HOPE - Healthy Outcomes from Positive Experiences

HOPE (Healthy Outcomes from Positive Experiences) is a science-based framework that highlights how positive experiences—like strong relationships, nurturing and safe environments, emotional growth, and engagement—support lifelong resilience.

HOPE shifts our focus from what's wrong to what's strong, promoting healing and thriving for all, especially in the face of adversity.

These HOPEful Conversation Cards are designed to surface the four pillars of HOPE through reflective prompts and actions that spark connection, insight, and growth.
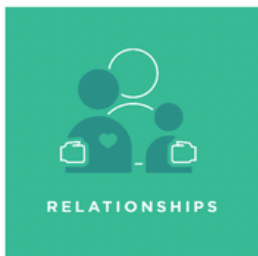
Who is this for?

This card deck is for educators, parents, caregivers, youth workers, facilitators—and young people themselves.

Whether you're supporting others or exploring your own journey, these cards spark meaningful, thought-provoking conversations, nurture emotional growth, and invite reflection on resilience and self-agency.

Rooted in the HOPE framework, they support in fostering neuroaffirming relationships and environments where young people feel safe, seen, and supported—especially those navigating adversity or change.

How to use

We have a variety of cards for each building block of the HOPE framework:

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

- **Environment**, safe equitable, stable, for living, playing, learning at home and at school.

- **Engagement**, (social and civic), to develop a sense of belonging and connectedness.

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

Choose your intensity

The cards suggests activities that have different intensities, from a physical and emotional perspective. Intensity is shown by the number of chilli (🌶️).

🌶️ Low Intensity
🌶️🌶️ Medium Intensity
🌶️🌶️🌶️ High Intensity

You will notice that the activities also come with suggested ways of completion:

individually

in pairs

in groups

Think or Do

Activities are also divided into reflection or action cards.

Reflect: Think about it more

Action: Do suggestions

You have the power! Adjust the activities to fit your circumstances, and use your judgement to add or remove the proposed activities.

Shuffle or play one pillar at a time. You can shuffle for a mix and match experience with your group or divide the cards per pillar and tackle each at a time.

Different Ways to Use

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You have a choice on how you use these cards. They are designed to be

🌶️ **Team or class check-ins:** Use a single card to open meetings, classes, or circle time with a light reflective question.

🌶️ **Journal prompts:** Choose a card to guide personal journaling or group reflection time.

🌶️ **Warm-up or transition activity:** Use cards as a soft landing after breaks or to gently shift group energy.

🌶️🌶️ **Free play:** Pick a few cards and follow the prompts intuitively.

🌶️🌶️ **Mentoring moments:** Use with a trusted adult or peer mentor to spark deeper conversations about personal growth and connection.

Different Ways to Use

🌶️🌶️ **Youth group or advisory sessions:** Create themed gatherings based on one of the HOPE pillars.

🌶️🌶️🌶️ **Run a full session on HOPE:** Follow the flow suggested in the deck.

🌶️🌶️🌶️ **Integrate into trainings:** Use as part of a training eg. Design for Difference

🌶️🌶️🌶️ **Community building or retreat sessions:** Facilitate deeper storytelling and collective wisdom-sharing during retreats or youth leadership camps.

🌶️🌶️🌶️ **Peer-led workshops:** Support youth or young adults in leading their own reflective workshops using the cards as facilitation tools.

🌶️🌶️🌶️ **Create your own challenge series:** Pick one card per day or week to build a classroom, workplace, or family challenge.

About us

Lana Jelenjev
Lana is a Filipina strategist, healing-centered facilitator, and community alchemist who weaves ecosystems of care, connection, and collective transformation.

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RELATIONSHIPS (R)

Positive relationships are fundamental to healthy development and well-being. For teens and young adults, this includes connections with family, friends, mentors, teachers, and community members.

Strong, supportive relationships provide a sense of belonging, emotional support, and opportunities for personal growth.

In this section, activities focus on:

- Building and maintaining healthy relationships
- Developing communication and conflict resolution skills
- Recognizing and appreciating support systems
- Navigating complex social dynamics, including online interactions
- Fostering empathy and understanding of diverse perspectives

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3 Trusted Adults

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Identify three trusted adults in your life you can turn to for support.

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Challenge Share

Share a recent challenge and how a relationship helped you overcome it.

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Compliment Circle

Participate in a "compliment circle" where each person receives positive and glowing feedback.

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Support List

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List ways you can be a supportive friend to someone going through a tough time.

Active Listening

Practice active listening skills in a conversation about future goals.

How to actively listen:

Family Dinner

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Organize a "family dinner" event where students and teachers/staff share a meal.

Healthy Resolution

Analyze a conflict in a relationship and brainstorm healthy resolution strategies.

Difficult conversations

Role-play difficult conversations (e.g., setting boundaries, expressing needs).

Social Media

Discuss the impact of social media on relationships and strategies for balance.

Reconnection

Reach out to a family member or old friend to reconnect and strengthen bonds.

Trust-building

Engage in a trust-building exercise, such as partner problem-solving or escape room.

Peer pressure

Share experiences of overcoming peer pressure and supporting others.

Mentorship plan

Develop a mentorship plan with a trusted adult to work towards personal goals.

Cultural inclusion

Discuss experiences with cultural differences in relationships and strategies for inclusion.

Community building

Organize a community-building project that involves collaboration with diverse groups.

ENVIRONMENT (E)

A safe, stable, and equitable environment is crucial for teens and young adults to thrive. This encompasses physical spaces (home, school, community) as well as social and cultural environments.

A positive environment promotes learning, creativity, and overall well-being.

In this section, activities focus on:
- Creating and maintaining supportive physical and digital spaces
- Recognising the impact of environment on mental health and academic success
- Promoting sustainability and environmental awareness
- Encouraging active participation in shaping one's surroundings
- Fostering a sense of belonging and inclusion sin various settings

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Your study environment

Identify three aspects of your study/living environment that promote well-being.

Mindful Walk

Take a mindful walk, noting positive elements in your surroundings.

Productive Study Environments

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Share strategies for creating a productive study environment at home or school.

Declutter

Declutter and organize a personal space to promote focus and calm.

Different Learning Environments

Discuss how different learning environments affect your motivation and productivity.

Ideal Learning Space

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Collaborate on designing an ideal learning space for your school or campus.

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Personal Sanctuary

Create a personal sanctuary space that promotes relaxation and self-care.

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Childhood exploration

Explore how your childhood environment has influenced your current preferences and habits.

Community Clean up

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Organize a campus or community clean-up event.

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Sustainable Daily Routine

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Identify three ways to make your daily routine more environmentally sustainable.

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Design a community space

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Design and propose a new community space (e.g., study area, relaxation zone) for your school or campus.

Impact of technology

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Analyse the impact of technology on learning environments and brainstorm balanced solutions.

Week-long optimisation

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Develop and implement a week-long plan to optimize your physical and digital environments for well-being.

Stress-reduction workshop

Create a workshop on stress-reduction techniques for different environments (e.g., exam rooms, social settings).

Awareness Campaign

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Organize an awareness campaign about the impact of environment on mental health and academic success.

ENGAGEMENT (E)

Engagement refers to active participation in learning, hobbies, community service, and other meaningful activities.

For teens and young adults, engagement is crucial for developing skills, exploring interests, and building a sense of purpose and self-efficacy.

In this section, activities focus on:
- Creating and maintaining supportive Encouraging curiosity and lifelong learning
- Promoting active participation in academic and extracurricular pursuits
- Developing critical thinking and problem-solving skills
- Fostering creativity and innovation
- Encouraging civic engagement and community involvement

Curiosity Sparks

List three activities or subjects that spark your curiosity and motivation.

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Teach a skill

Teach each other a skill related to your field of study or personal interest.

Brainstorm

Participate in a quick brainstorming session on a current event or academic topic.

Hobby sprint

Spend 20 minutes fully engaged in a hobby or interest outside of academics.

Goals

Share a personal or academic goal and the steps you're taking to achieve it.

Debate

Organise a debate or discussion group on a challenging topic in your field of study.

Learn a skill

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Identify a new skill relevant to your future career and create a learning plan.

Complex problem solving

Collaborate on solving a complex problem related to your studies or shared interests.

Flow state share

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Share experiences of being in a "flow state" during learning or work and what led to it.

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Mindulfness Practice

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Engage in 20 minutes of mindfulness practice focused on your current tasks and goals.

Mock Lecture

Develop and present a mock lecture or workshop on a topic you're passionate about.

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Mini showcase

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Organise a mini-conference or symposium showcasing student projects and research.

Personal Project

Design and start a personal project that combines multiple areas of interest or study.

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Learning styles

Analyse each other's learning styles and develop strategies to enhance engagement in challenging subjects.

Multi-day connection

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Create and run a multi-day challenge that promotes engagement in academics, physical activity, and social connection.

EMOTIONAL GROWTH (E)

Emotional growth involves developing self-awareness, managing emotions effectively, and building resilience.

For teens and young adults, this is a critical period for developing emotional intelligence, which is essential for personal relationships, academic success, and future career prospects.

In this section, activities focus on:
- Identifying and understanding emotions
- Developing healthy coping strategies for stress and challenges
- Building self-esteem and self-compassion
- Enhancing empathy and emotional regulation
- Promoting resilience and adaptability in the face of change

Daily emotions

Identify three emotions you experienced today and their triggers in an academic context

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Empathy in common situations

Practice expressing empathy through role-playing common challenging situations.

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Managing stress for deadlines

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Share a simple strategy you use to manage stress during exams or deadlines.

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Gratitude journal

Start a gratitude journal, noting three things you're thankful for in your academic journey.

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Academic resilience

Discuss how you typically handle academic setbacks and brainstorm positive coping strategies.

Academic role-play

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Role-play emotional scenarios common in academic settings and discuss healthy responses.

Analyse your emotional response

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Analyse a recent academic or personal challenge and your emotional response to it.

Constructive feedback

Practice giving and receiving constructive feedback, noting emotional reactions.

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Managing performance anxiety

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Share experiences of managing test anxiety or performance pressure successfully.

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New emotional expression

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Try a new method of emotional expression (e.g., art, music, writing) to process academic stress.

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Fears and Hopes

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Engage in a deep discussion about fears and hopes related to your future career or life path.

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Stories of resilience

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Share personal stories of overcoming significant emotional challenges in your academic or personal life.

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Letter to future self

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Write a letter to your future self about your emotional growth journey through education.

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Advanced Conflict Resolution

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Practice advanced conflict resolution techniques using a hypothetical academic or workplace scenario.

Emotional Intelligence Workshop

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Organize an "Emotional Intelligence Workshop" where each person teaches a skill for academic and life success.

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