

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	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)
 ENVIRONMENT	Safe, equitable, stable environments for living, playing, learning at home and in school.	What kinds of environments? • Home • Classroom • Playgrounds • Community Centers • Religious spaces
 ENGAGEMENT	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	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

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 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