

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