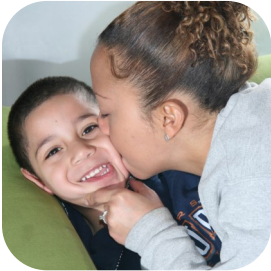


Healthy Outcomes from
Positive Experiences

The Four Building Blocks of HOPE

In the space below, brainstorm ways you can promote the four building blocks of HOPE (Healthy Outcomes from Positive Experiences) in your organizations and everyday work.



Being in nurturing, supportive relationships with parents, peers, and adults outside of the family: warm, responsive, secure attachments, physically/mentally healthy parents, trusting relationships with peers/other adults



Living, learning, and playing in safe, stable, and equitable environments: safe/stable homes, adequate nutrition/sleep, high-quality learning and play opportunities, access to high-quality medical/dental care



Opportunities for engagement and to develop a sense of connectedness: involvement in social institutions/environments, awareness of cultural customs/traditions, “a sense of mattering” and belonging



Developing social and emotional competencies: self-awareness and social cognition, positive character traits, functional/productive responses to challenges, behavioral/emotional/cognitive self-regulation