

HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

Family activity book



<https://positiveexperience.org>



(HOPE) Healthy Outcomes from Positive Experiences

For some time, the approach to child development has focused on adverse childhood experiences (ACEs) and the resulting toxic stress and poor mental and physical health outcomes that can follow multiple ACEs. The language of HOPE – Healthy Outcomes from Positive Experiences – uses a positive lens, one which focuses on the buffering effects of positive childhood experiences and building on pre-existing strengths, to translate public approaches to the child’s own experiences.

This activity book offers an opportunity for families to enjoy a Positive Childhood Experience together while learning more about the HOPE framework.

Visit HOPE
positiveexperience.org



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(Word) Search for HOPE

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

antiracist, building blocks, childhood, community, connection, emotional growth, engagement, environment, family, individualized, positive, relationship, resilience, strength

t	n	e	m	e	g	a	g	n	e	g	r	i	y	s	h	i	r
e	v	i	t	i	s	o	p	h	v	l	l	t	w	k	t	n	e
c	b	l	l	g	v	g	f	p	i	n	i	d	e	c	w	d	l
a	v	u	l	w	p	y	o	z	f	n	q	n	i	o	o	i	a
w	b	w	i	n	e	g	n	p	u	d	v	o	b	l	r	v	t
s	t	r	e	n	g	t	h	m	r	i	r	t	l	b	g	i	i
r	c	p	k	h	n	j	m	m	r	w	r	n	w	g	l	d	o
l	e	o	w	q	p	o	z	o	z	w	r	t	q	n	a	u	n
z	o	s	n	b	c	x	n	p	n	b	l	d	v	i	n	a	s
c	d	r	i	n	a	m	n	r	b	f	l	z	f	d	o	l	h
d	y	o	m	l	e	y	y	f	l	s	u	m	i	l	i	i	i
x	k	g	o	n	i	c	u	g	w	p	x	v	w	i	t	z	p
e	l	i	t	h	y	e	t	s	z	m	j	j	r	u	o	e	e
o	i	b	u	l	d	e	n	i	o	w	w	e	u	b	m	d	v
k	y	b	i	t	e	l	a	c	o	p	z	n	r	w	e	c	i
y	n	m	z	s	f	k	i	y	e	n	a	g	p	b	m	t	m
v	a	w	s	j	n	q	o	h	c	n	x	g	u	i	x	n	y
f	g	x	a	n	t	i	r	a	c	i	s	t	z	j	d	l	f

answer key.



hope



positive

growth



What color means HOPE to you? Grab your favorite crayons or markers and color!

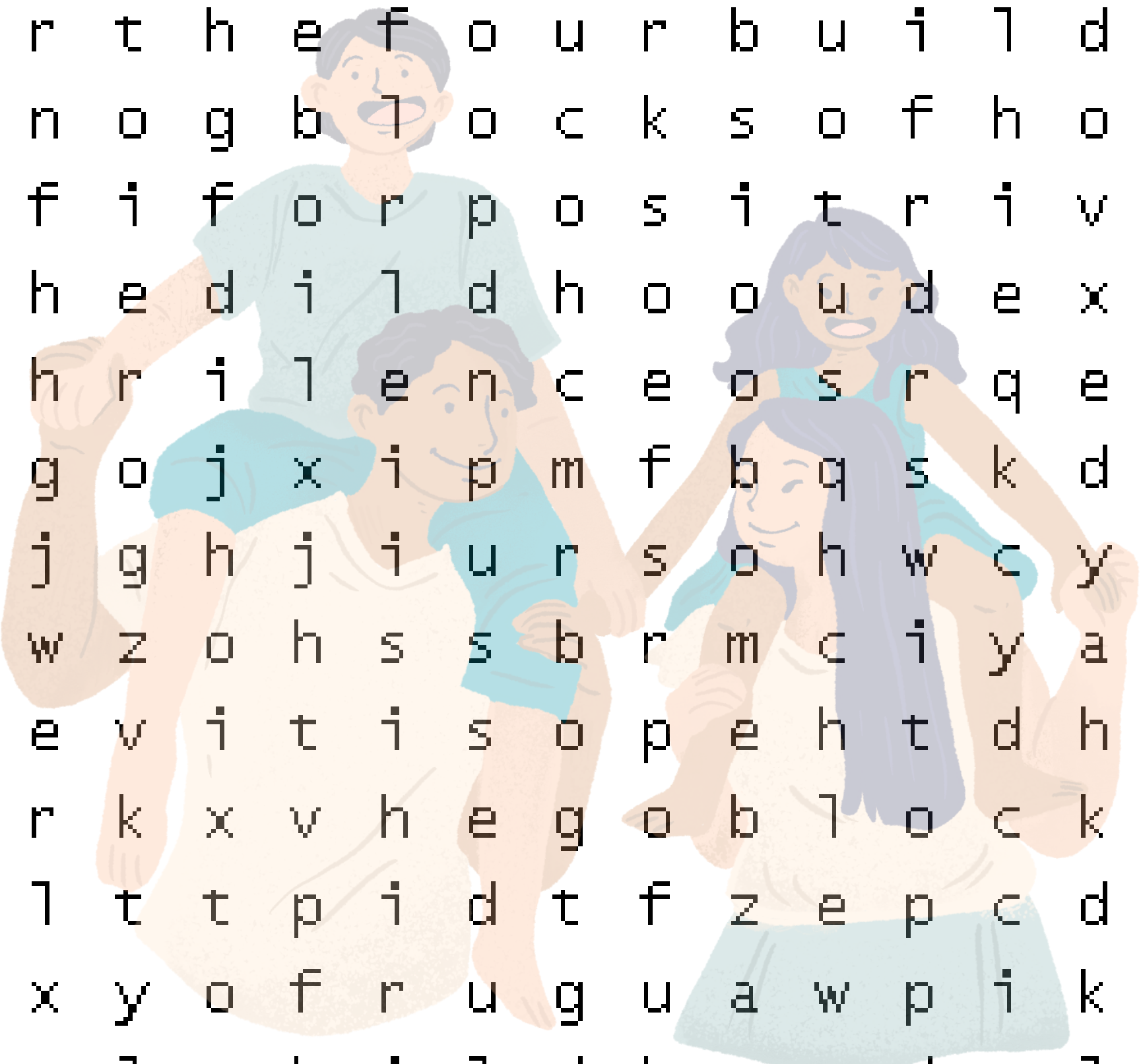
The color of HOPE



Find the hidden message

This puzzle is a word search puzzle that has a hidden message in it. First find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

blocks, building, childhood, experiences, for, four, hope, of, positive, the



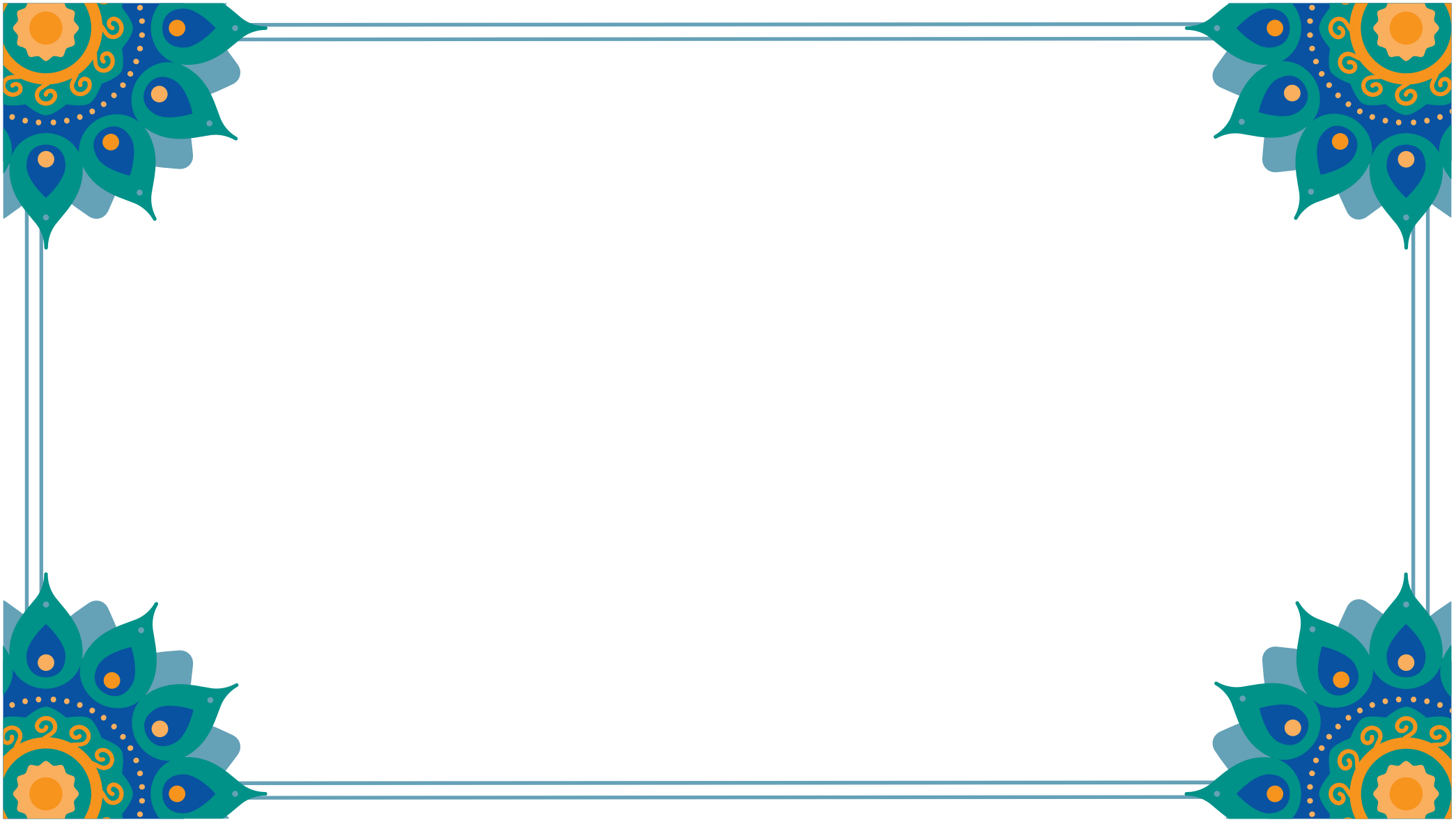
g r t h e f o u r b u i l d i
n n o g b l o c k s o f h o p
e f i f o r p o s i t r i v e
c h e d i l d h o o u d e x p
e h r i l e n c e o s r q e e
t g o j x i p m f b q s k d t
g j g h j i u r s o h w c y d
j w z o h s s b r m c i y a q
l e v i t i s o p e h t d h k
q r k x v h e g o b l o c k s
a l t t p i d t f z e p c d j
z x y o f r u g u a w p i k k
e v l c h i l d h o o d o l u
e x p e r i e n c e s g d h p
l q u f t x y y h j z n x t g

answer key.



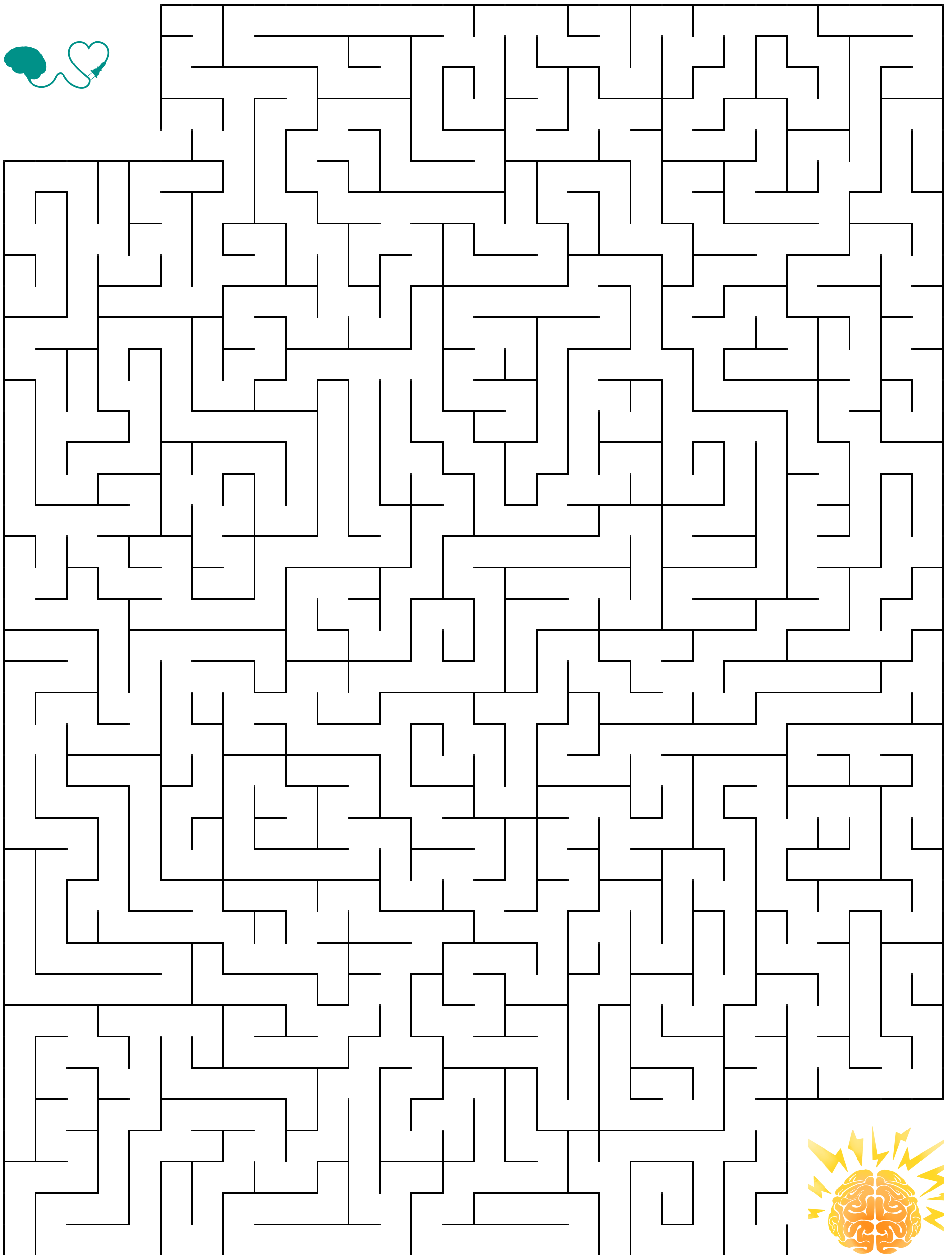
My family

Families come in all sizes, ages, relationships, genders, and colors. Sometimes, we are born into our families. Other times, we meet our family members as we go through life. Who are the people (or pets) in your family portrait?



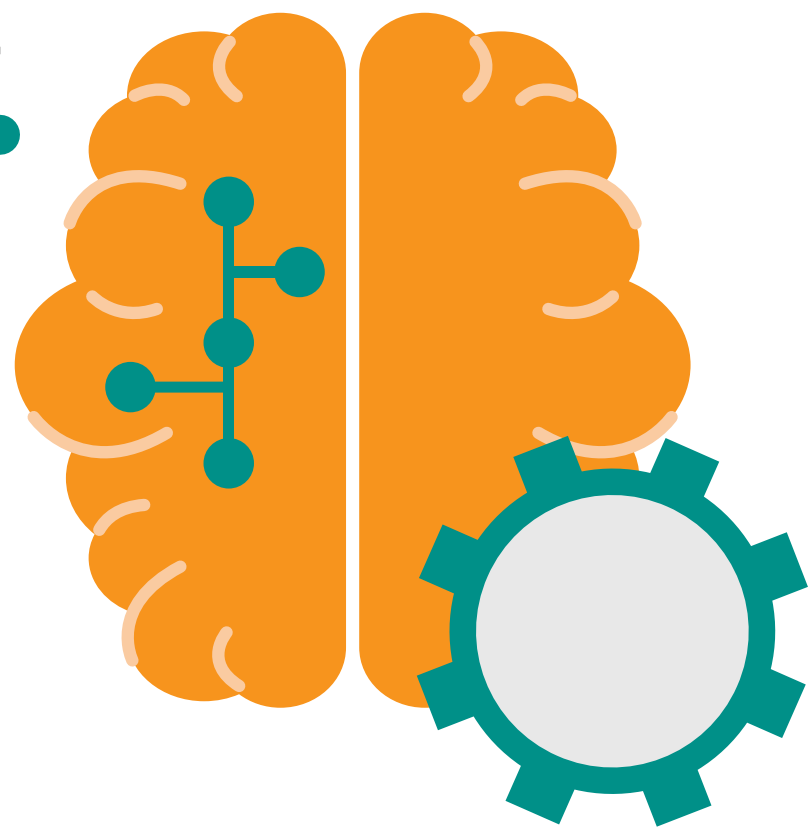
What are their names?

Handwriting practice lines consisting of six horizontal blue lines and two vertical red lines on the left and right sides.



The (brain) science of HOPE

The latest science shows that our brains can change to improve our health even if negative things have happened in life. It is similar to the way that mazes, puzzles, and learning something new can help our brains. This is why positive childhood experiences are important for everyone.



answer key.

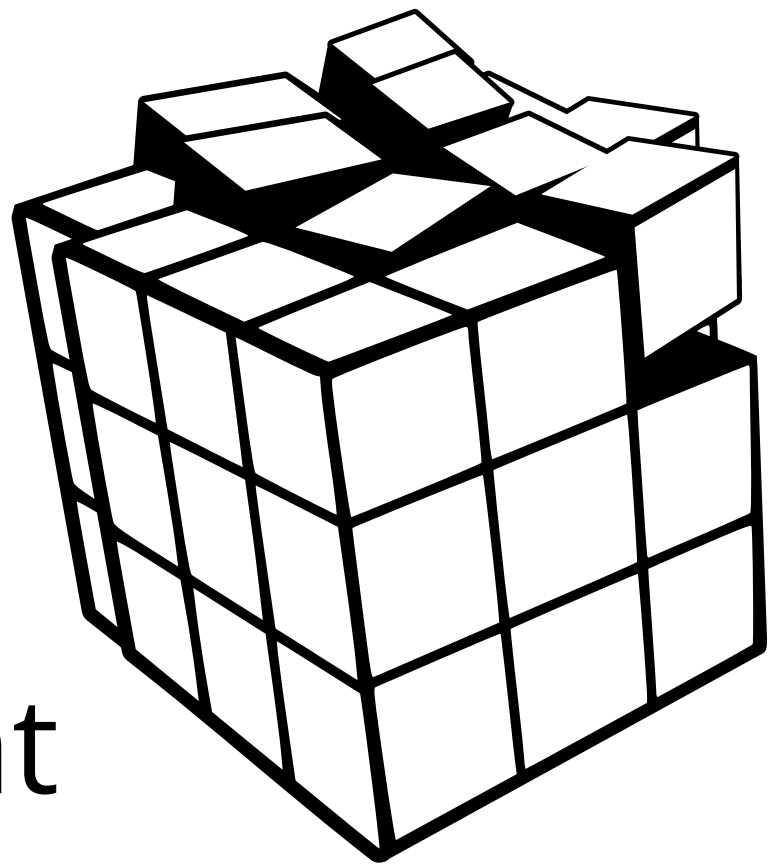
Four building blocks of HOPE

With HOPE, families and communities decide what their four building blocks look like based on their experiences, resources, and cultures. Color in your unique building blocks!

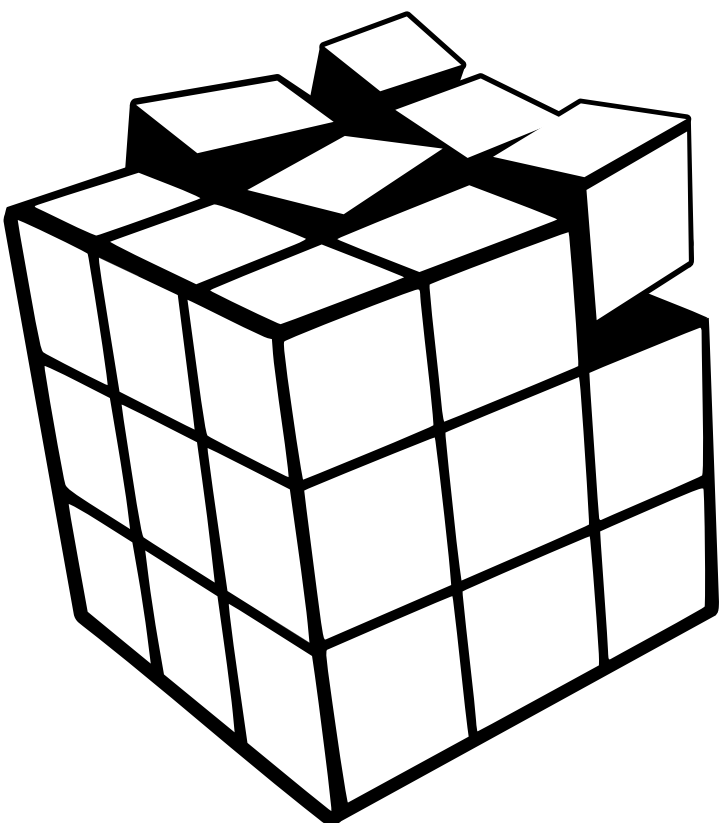
Relationships



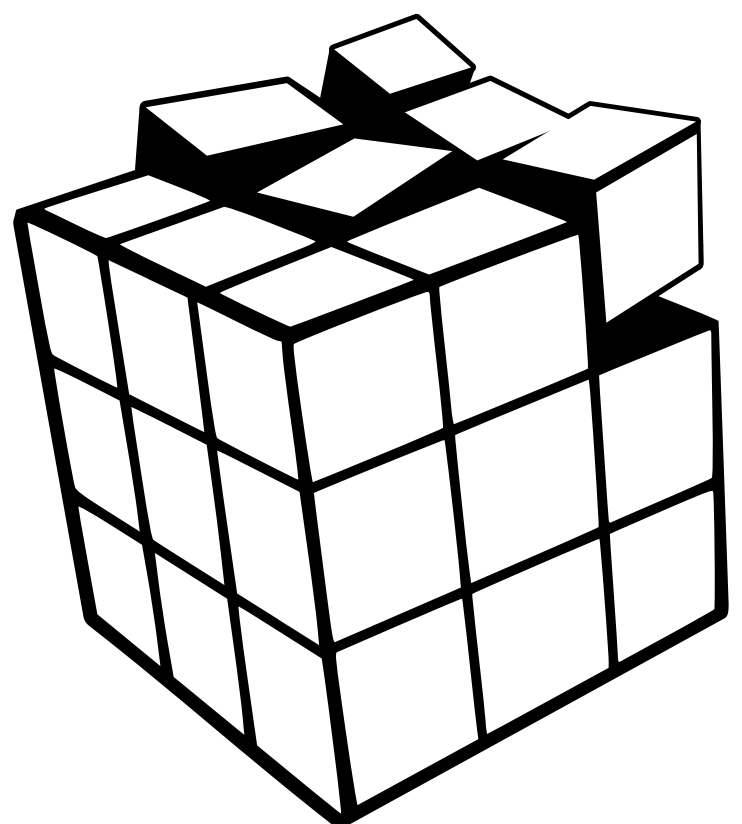
Environment



Civic engagement



Emotional growth





Match the building block



Write the letter of the correct match next to each definition.

1. _____	Emotional growth	a. Within the family and with other children and adults through interpersonal activities.
2. _____	Building blocks	b. Safe, equitable, stable places and spaces for living, playing, learning at home and in school.
3. _____	Environment	c. Developed by playing and interacting with peers for self-awareness and self-regulation.
4. _____	Engagement	d. In social and civic settings to develop a sense of belonging and connectedness.
5. _____	Relationships	e. Composed of key Positive Childhood Experiences (PCEs)—and the sources of those experiences and opportunities



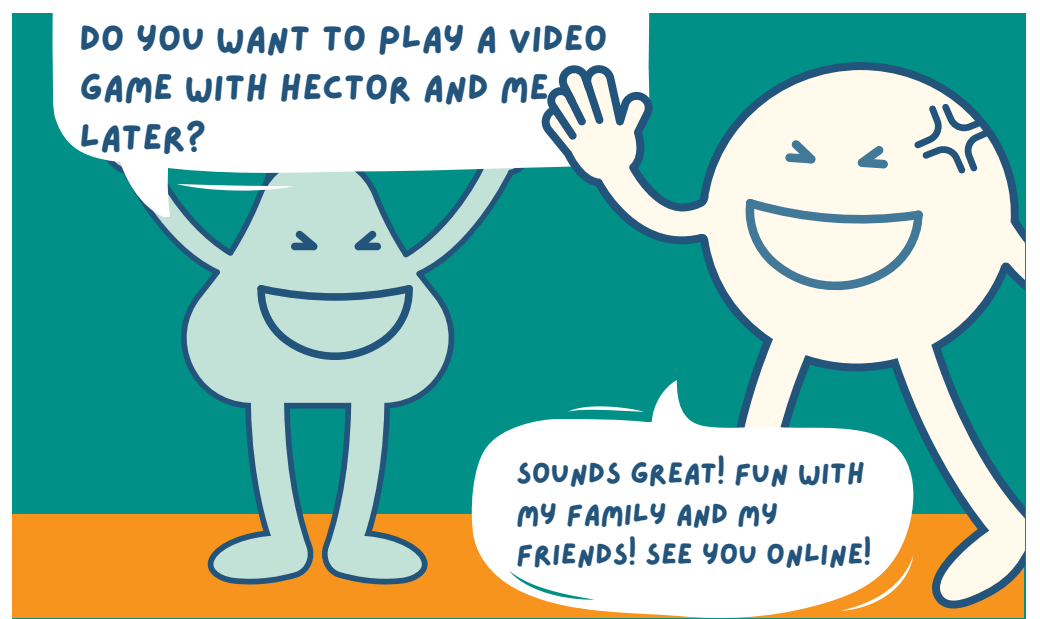
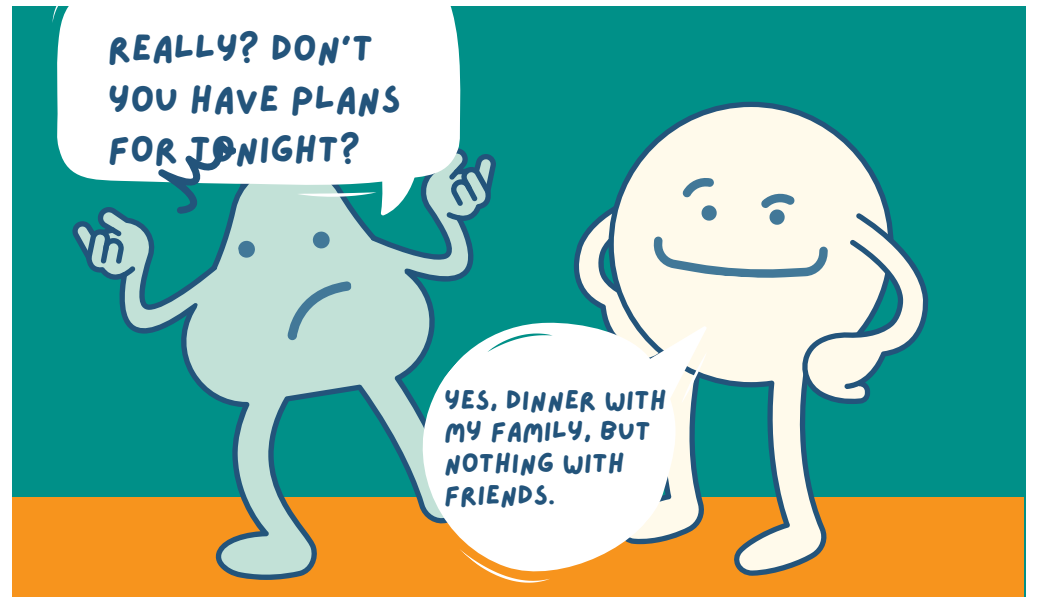
answer key



Story time

Tell a story about a positive experience you remember. What building block does it represent? See the example below.

BUILDING BLOCK: RELATIONSHIPS



BUILDING BLOCK:

Hint: Relationships, environment, engagement, and emotional growth

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Resources:

HOPE website - <https://positiveexperience.org>

- [HOPE brochure](#)
- [Handouts](#)
- [Anti-racism toolkit](#)
- [Workshop flyer](#)
- [Online learning course](#)
- [2021 Summit videos](#)

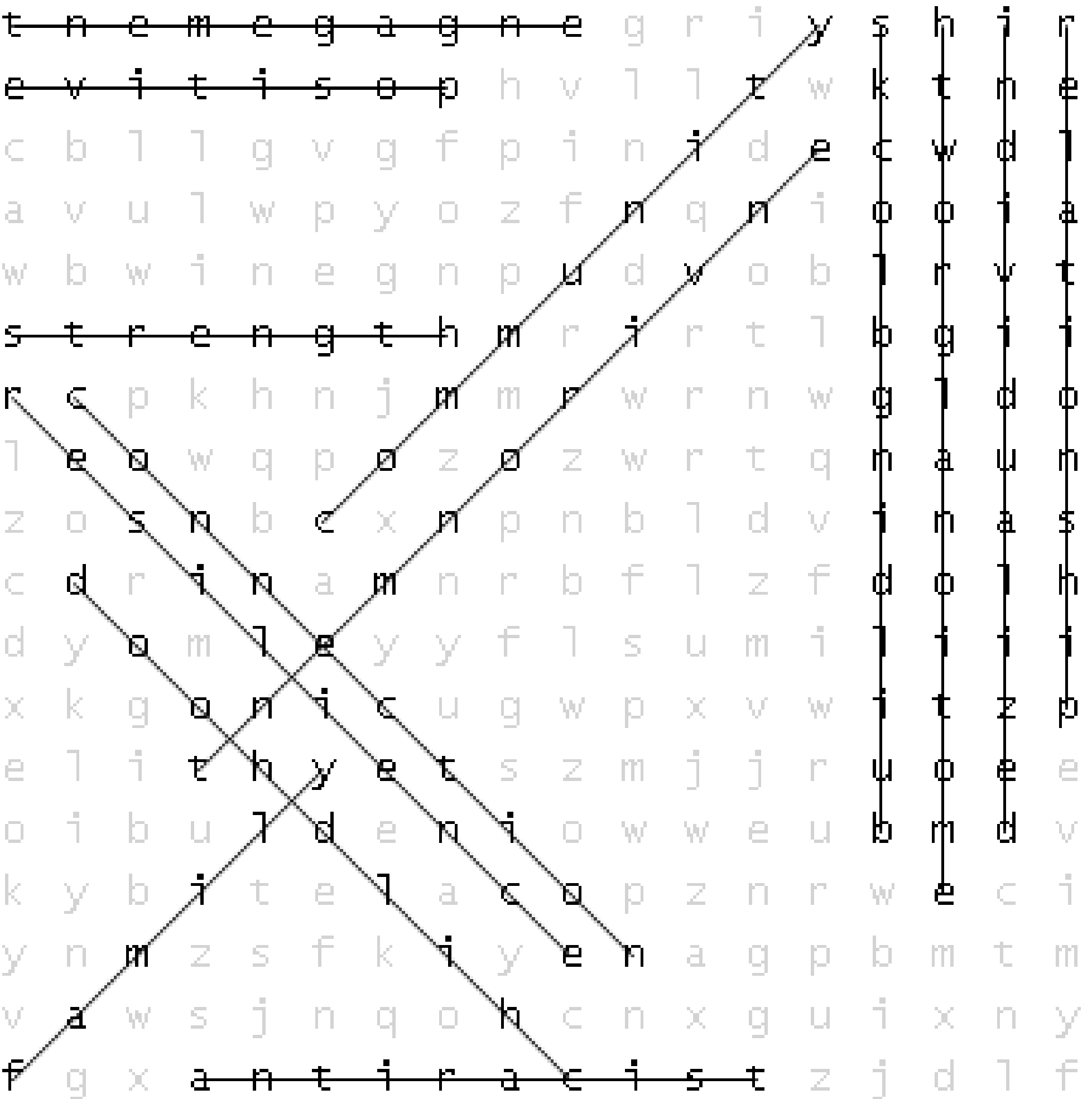
Up next



Activity answers for: word search, hidden message, maze,
word match

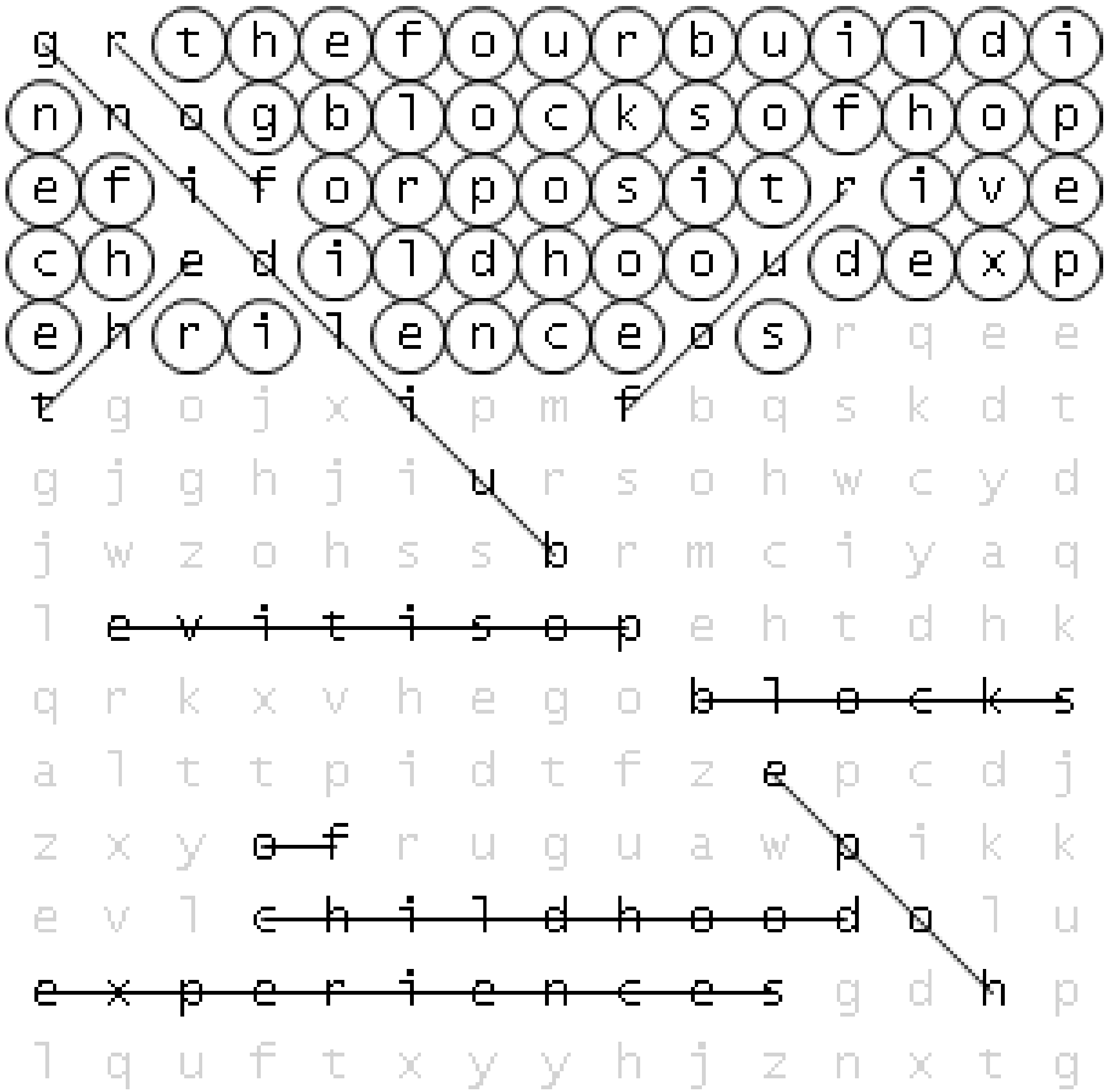
Word search answer key

antiracist, building blocks, childhood, community, connection, emotional growth, engagement, environment, family, individualized, positive, relationship, resilience, strength

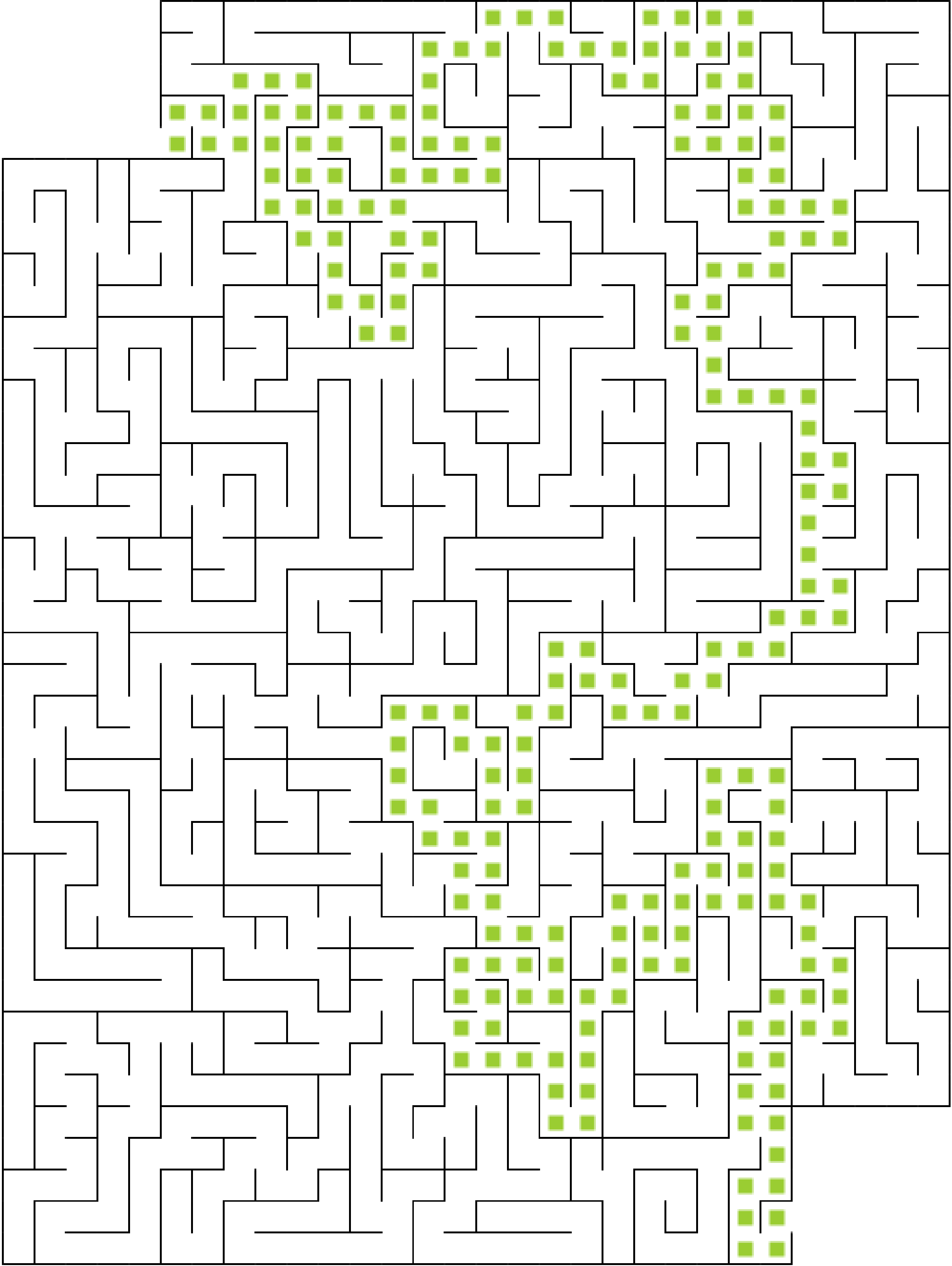


Hidden message answer key

blocks, building, childhood, experiences, for, four, hope, of, positive, the



Maze answer key



Match the building block answer key

Created on TheTeachersCorner.net Match-up Maker

1.	<u> c </u>	Emotional growth	a. Within the family and with other children and adults through interpersonal activities.
2.	<u> e </u>	Building blocks	b. Safe, equitable, stable places and spaces for living, playing, learning at home and in school.
3.	<u> b </u>	Environment	c. Developed by playing and interacting with peers for self-awareness and self-regulation.
4.	<u> d </u>	Engagement	d. In social and civic settings to develop a sense of belonging and connectedness.
5.	<u> a </u>	Relationships	e. Composed of key Positive Childhood Experiences (PCEs)—and the sources of those experiences and opportunities

More about the four building blocks of HOPE:

<https://positiveexperience.org/wp-content/uploads/2021/10/4-Building-Blocks-of-HOPE-Poster-Spanish-English.pdf>