



HOPE 101: Creating Moments of HOPE.

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Being in nurturing, supportive relationships with parents, peers, and adults outside of the family; warm, responsive, secure attachment, 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

Building Block Book BINGO for Positive Childhood Experiences

How to Play:

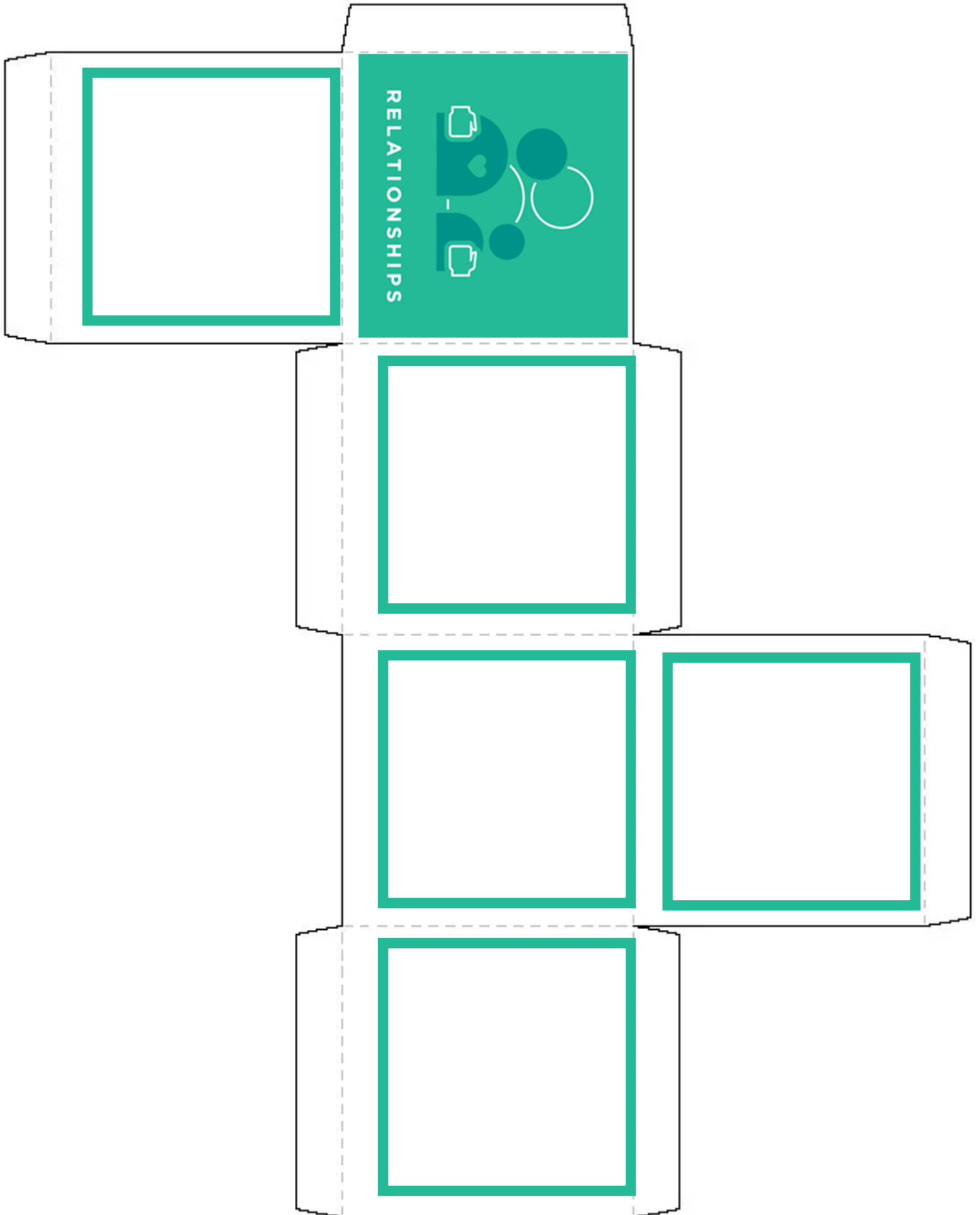
Explore the books available today and mark off squares that you would like to add to your library! Each book on this list supports **positive childhood experiences** by fostering **Relationships, Environment, Emotional Growth, and Engagement**.

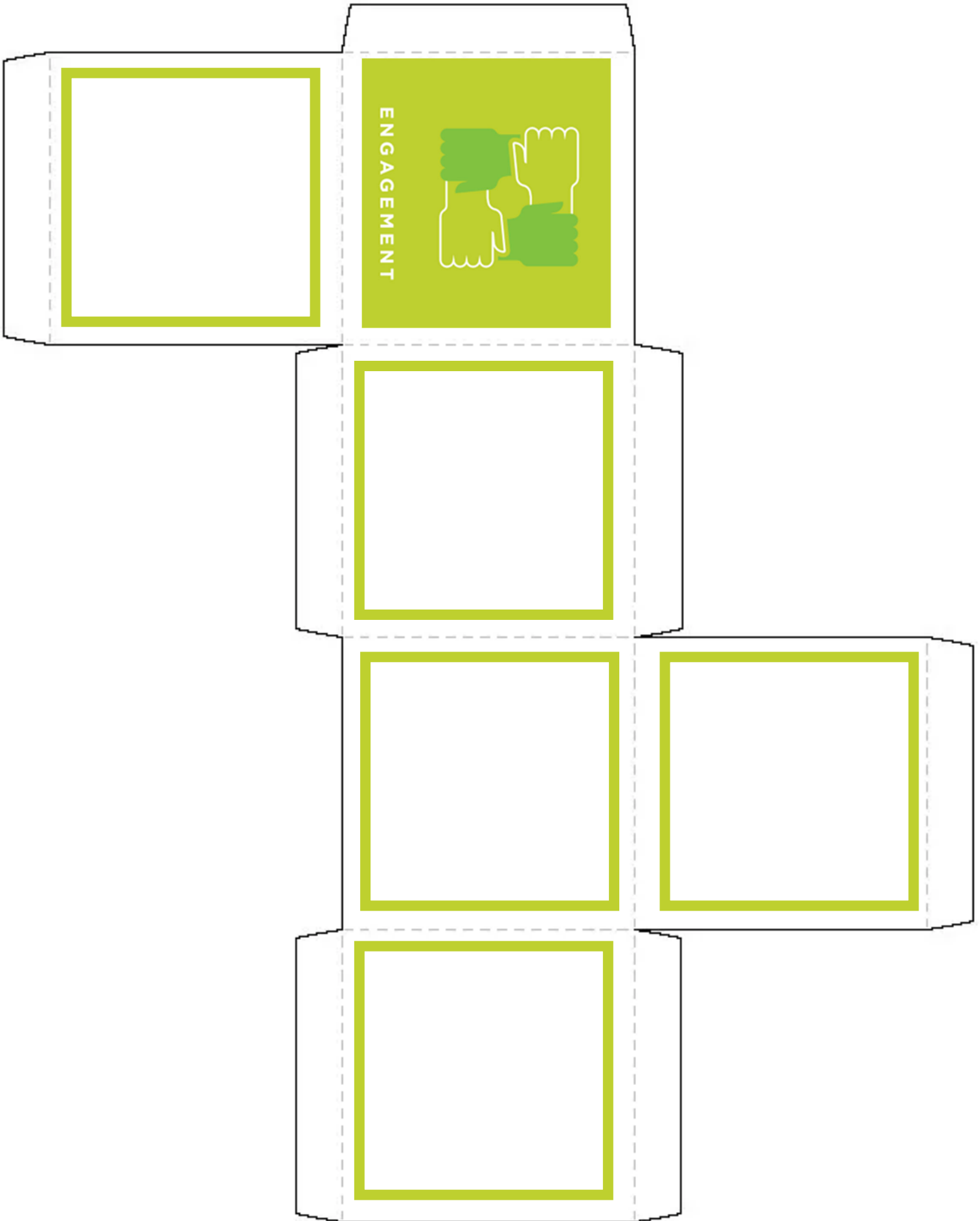
Building Block Book

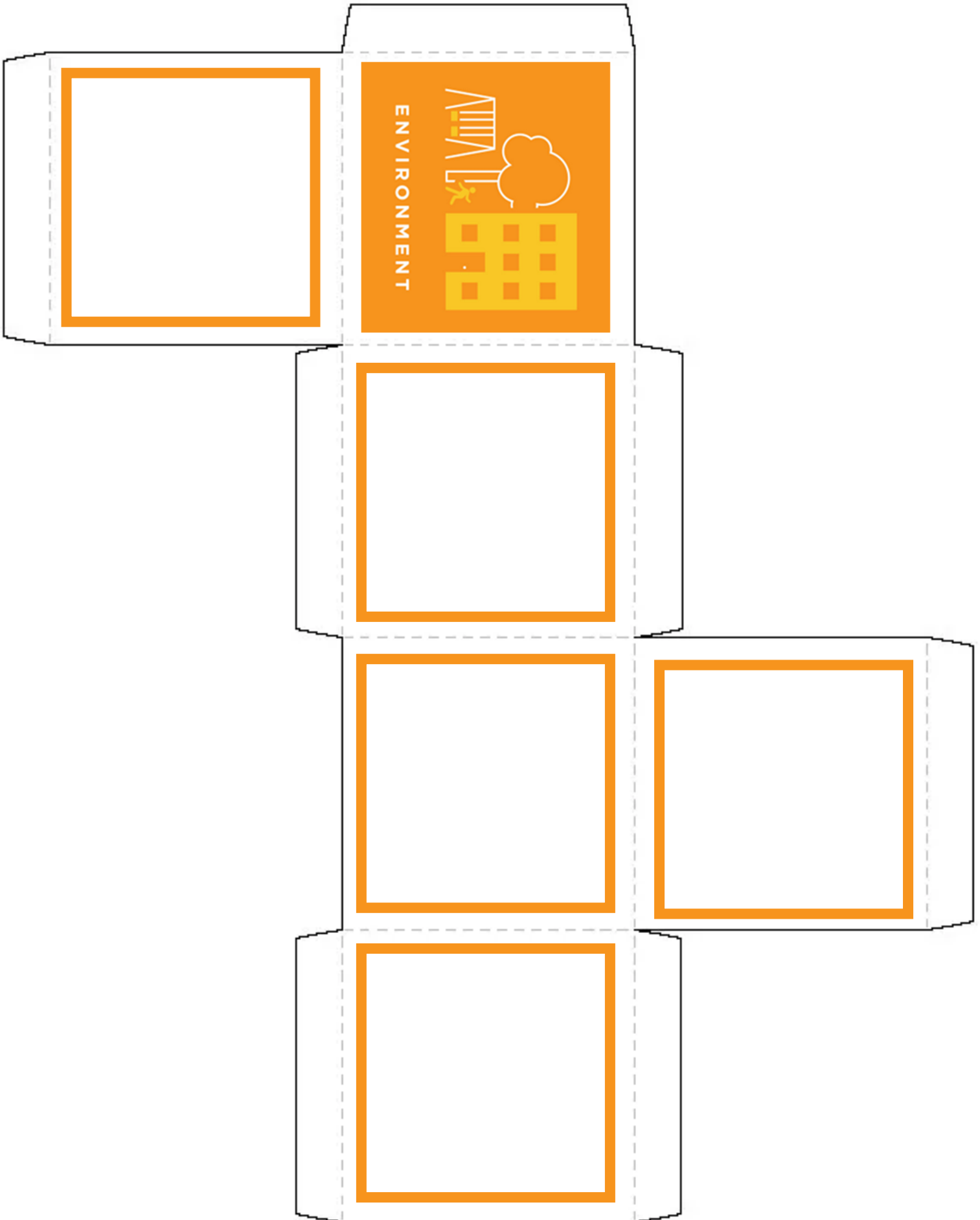
B	I	N	G	O
My Name is Blessing By: Eric Walters	Luna and Pebble By: Wendy Meddour and Daniel Egneus	Otis By Loren Long	Happy Birthday Eyore By Isabel Gains	Drawn Together By Minh Le
What Are You So Grumpy About? By: Tom Lightenheld	Wow. That Was A BIG Emotion. A socemo story By Amy Williams	The Magical Yet By Angela DiTerlizzi	Memory Jars By Vera Brosgol	Grandma's Purse By Vanessa Brantley-Newton
What Would You Wish For? By David Sable and Emma Yarlett	Bright Star By Yuyi Morales	ADD Your Own	Benji, the Bad Day, and Me By Sally J Pla	"Wiggles", "Stomps", and Squeezes" Calm My Jitters Down By Lindsey Row Parker
The Hugging Tree By Jill Neimark	Your Name is a Song By Jamilah Tompkins -Bigelow	Loving Lulu By Awilde Rivera Prigano	After the Fall By Dan Santat	A Perfectly Messed-up Story By Patric McDonnell
I Am (Not) Scared By: Anna King	A Chair for My Mother By Vera B. Williams	Emmanuel's Dream: The True Story of Emmanuel Ofose Yeboah By: Laurie Ann Thompson	Sometimes I'm Bombaloo By Rachel Vail	The Curious Garden By Peter Brown

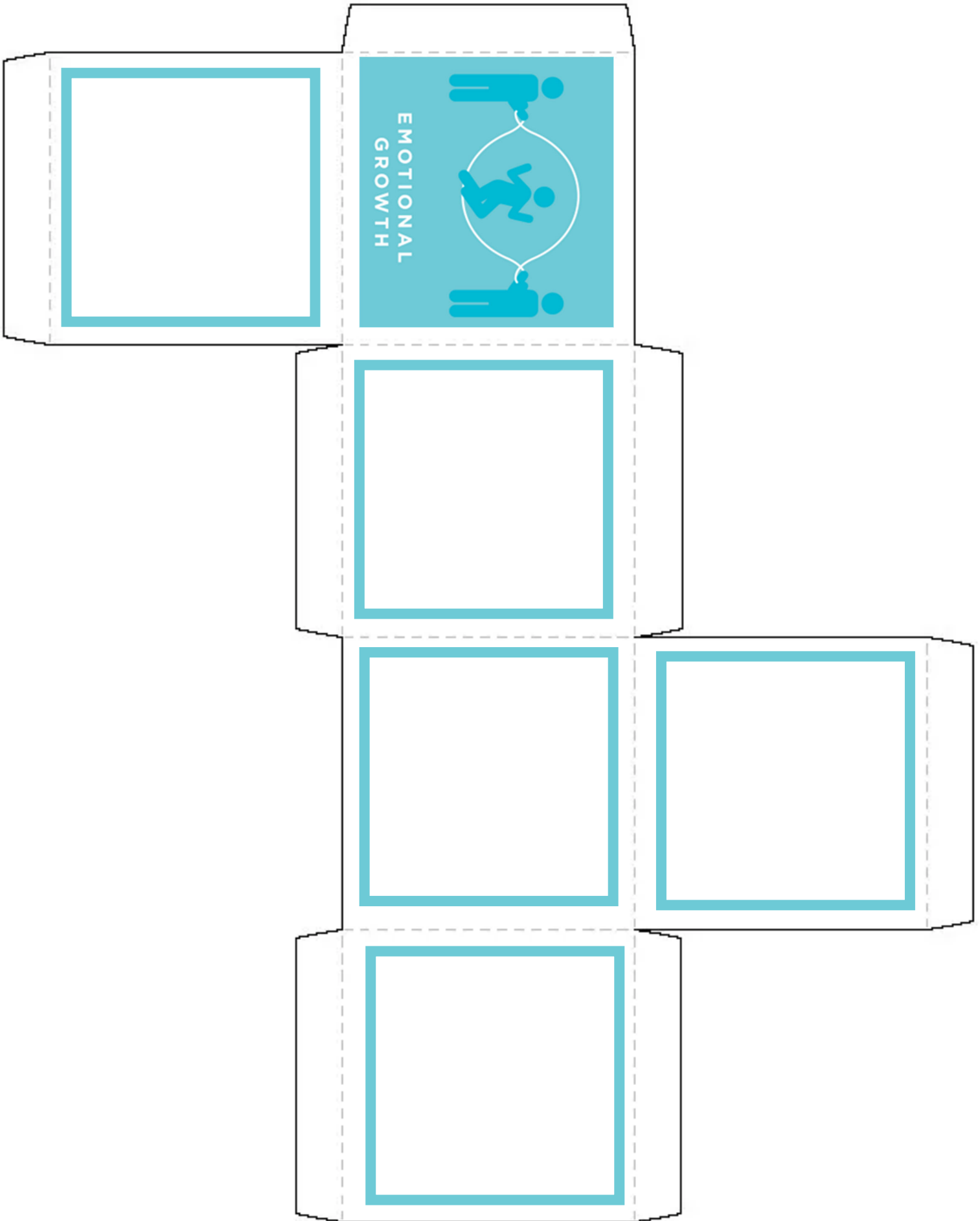
- Some books are color coded to help identify which building block they demonstrate. The rest of the books are up to you to figure out, after reading. You can also check out read aloud options for most of the books by searching on YouTube.
- For a copy of this handout and templates to create your own building blocks, please go to:

<https://idahochildrenstrustfund.org/training/strengthening-families-training-institute/>









Relationship Activities:

1. **Buddy Storytelling** – Participants take turns creating a story together, encouraging creativity, cooperation, and active listening.
2. **Kindness Notes** – Write or draw encouraging notes for each other, fostering kindness, gratitude, and emotional connections.
3. **Trust Walk** – One child guides a blindfolded partner through an obstacle course, building trust, communication, and teamwork.
4. **Feelings Charades** – Act out emotions for others to guess, enhancing emotional recognition and empathy.
5. **Cozy Conversations** – Use a question jar to share thoughts, promoting open communication and connection.
6. **Compliment Circle** – Sit in a circle and take turns giving genuine compliments, fostering self-esteem and positive relationships.
7. **Memory Lane Walk** – Share favorite family memories, strengthening bonds through shared experiences.
8. **Gratitude Tree** – Create a tree where each family member adds thankful notes, promoting appreciation and reflection.
9. **Shared Art Project** – Collaborate on a large art piece, encouraging teamwork and creativity.

Environment Activities:

1. **Safe Cooking Together** – Involve children in meal preparation, teaching life skills in a secure setting.
2. **Gardening** – Plant and care for a garden together, fostering responsibility and a connection to nature.
3. **Family Game Night** – Play cooperative board games to encourage bonding in a stable, supportive setting.
4. **Volunteering as a Family** – Participate in local service projects, promoting a sense of purpose and generosity.
5. **Neighborhood Clean-Up Contest** – Organize a friendly competition to clean a community space, reinforcing responsibility and teamwork.
6. **Create a Family Time Capsule** – Collect meaningful items for a future opening, encouraging reflection and continuity.
7. **Organize a Clothing or Toy Swap** – Host a swap event to promote sustainability and resourcefulness in the community.

Engagement Activities:

1. **Nature Walks** – Explore parks and nature reserves, encouraging mindfulness and appreciation for the environment.
2. **Attend Free Community Events** – Participate in festivals and gatherings, fostering a sense of belonging.
3. **5K or Charity Walks** – Join local events supporting important causes, strengthening community ties.
4. **Community Playgrounds** – Visit local playgrounds to engage in physical activity and social interactions.
5. **Community Storytelling** – Share personal or cultural stories in a community setting to build connections.
6. **Volunteering as a Family** – Engage in service projects that strengthen civic responsibility and engagement.
7. **Library Programs** – Attend storytelling sessions, workshops, or reading challenges to foster learning and community connection.
8. **Cultural Celebrations** – Participate in cultural festivals or heritage events to build awareness and inclusivity.
9. **Local Museum or Historical Site Visits** – Explore local history and culture to deepen community ties and learning.

Emotional Growth Activities:

1. **Feelings Check-In** – Share emotions during meals or designated times, promoting self-awareness and expression.
2. **Gratitude Jar** – Write daily gratitude notes and review them weekly, fostering a positive mindset.
3. **Mindfulness Moments** – Practice deep breathing and quiet reflection to build emotional regulation.
4. **Compliment Circle** – Take turns giving compliments, reinforcing self-worth and positive interactions.
5. **Story Sharing** – Discuss daily experiences, addressing emotional highs and lows constructively.
6. **Role-Playing** – Act out emotional scenarios to develop empathy and problem-solving skills.
7. **Coping Skills Toolbox** – Create a personalized set of calming strategies for emotional self-regulation.
8. **Active Listening Practice** – Develop skills for effective communication and emotional validation.
9. **Family Journals** – Maintain a shared journal for self-reflection and emotional expression.

Moments of HOPE – Building Block Game

This interactive game fosters meaningful connections and strengthens relationships by encouraging shared experiences. By engaging in spontaneous activities based on the roll of a building block, participants:

- **Promote Positive Relationships** – Encourages families, classrooms, or groups to bond through collaborative play and shared moments.
- **Enhance Engagement** – Helps children and adults be actively involved in fun, meaningful interactions that reinforce a sense of belonging.
- **Support Emotional Growth** – Provides opportunities for self-expression, emotional awareness, and social-emotional skill development.
- **Build a Supportive Environment** – Reinforces the importance of safe, stable, and engaging surroundings, showing how everyday moments contribute to a hopeful and nurturing atmosphere.
- **Encourage Creativity & Flexibility** – Players think on their feet, adapt, and create their own activities, fostering problem-solving and imaginative play

Players: 2 or more (families, classrooms, or any group can play)

How to Play:

1. The youngest player rolls the Building Block die.
2. The group completes the activity that appears on the rolled side.
3. If the die lands on a Building Block title (Relationships, Engagement, Environment, or Emotional Growth), the player can either create their own activity or roll again.