



# HOPE 101: Creating Moments of HOPE

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Project

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# Agenda

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- **Introductions**
- **A quick overview of the science behind H.O.P.E.** – Healthy Outcomes from Positive Experiences
- **My Name is Blessing** – Children's Literature Provides Strengths Based, HOPE filled illustrations
- **The Building Blocks of H.O.P.E.** – Introduction to Each Building Block
- **Activities** – Sparking Imagination to Create Meaningful, HOPEFUL Moments with Children and Families
- **Closing Remarks**





Many systems focus on the negative

Screening tools, many of which codify implicit bias, create a presumption of deficit

**HOPE** shifts the narrative: people are defined by their strengths as well as their challenges.

**HOPE** creates a presumption of strength

# Positive Childhood Experiences

A photograph of a woman with dark, curly hair and a young girl with curly hair and a pink bow, sitting on a couch. The woman is wearing a light blue t-shirt and has her hands resting on the girl's arms. The girl is wearing a yellow top and light blue shorts. They are both looking down at something in the girl's hands. The background is a simple indoor setting with a wooden chair and a patterned pillow.

Promote children's **health and well-being**

Allow children to form strong **relationships** and connections

Cultivate positive self-image and **self-worth**

Provide a sense of **belonging**

Build skills that promote **resilience**



**H**  **PE** <sup>®</sup>

HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES



Positive  
Childhood  
Experiences  
protect future  
adult mental  
health in a dose  
dependent way.

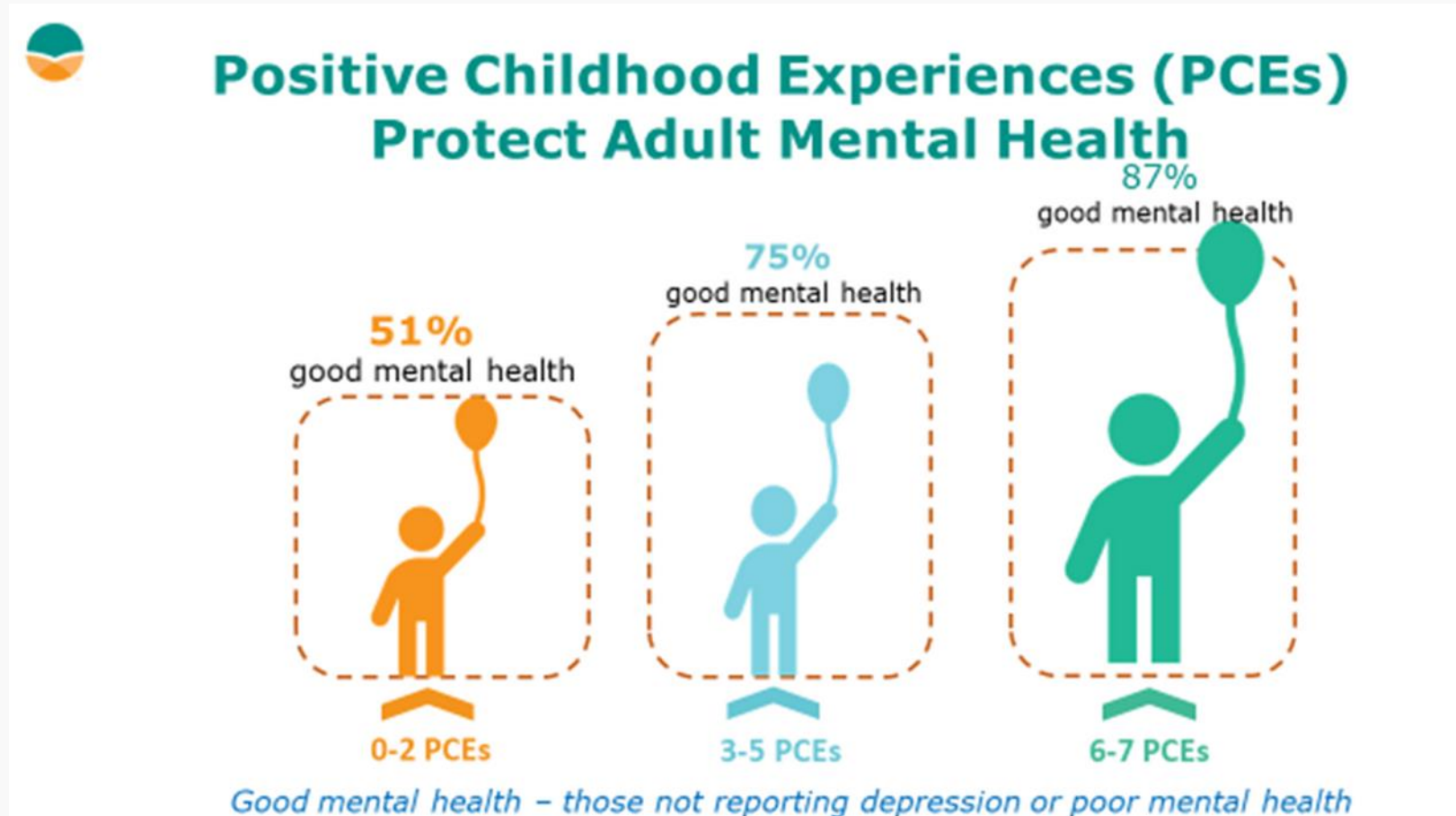


**PCEs = HOPE**

The vision for HOPE is a world that recognizes, honors, and fosters positive experiences because they are fundamental to people's health and well-being.



# Positive Childhood Experiences Mitigate ACEs Effects



Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. *JAMA Pediatr.* 2019 Sep 9; e193007

# As a child how often did you...

1. Feel able to talk to your family about feelings.

2. Feel your family stood by you during difficult times.

3. Enjoy participating in community traditions.

4. Feel a sense of belonging in high school.

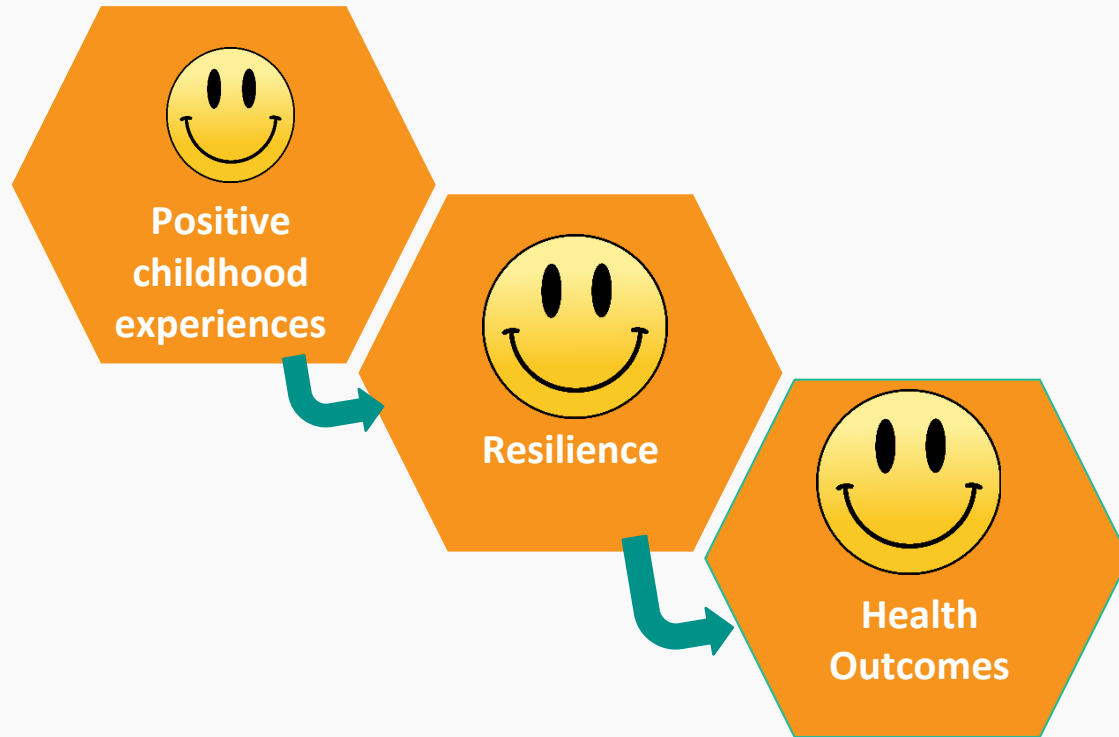
5. Feel supported by friends.

6. Have at least two non-parent adults who took genuine interest in you.

7. Feel safe and protected by an adult in your home.



# PCE's = RESILIENCE



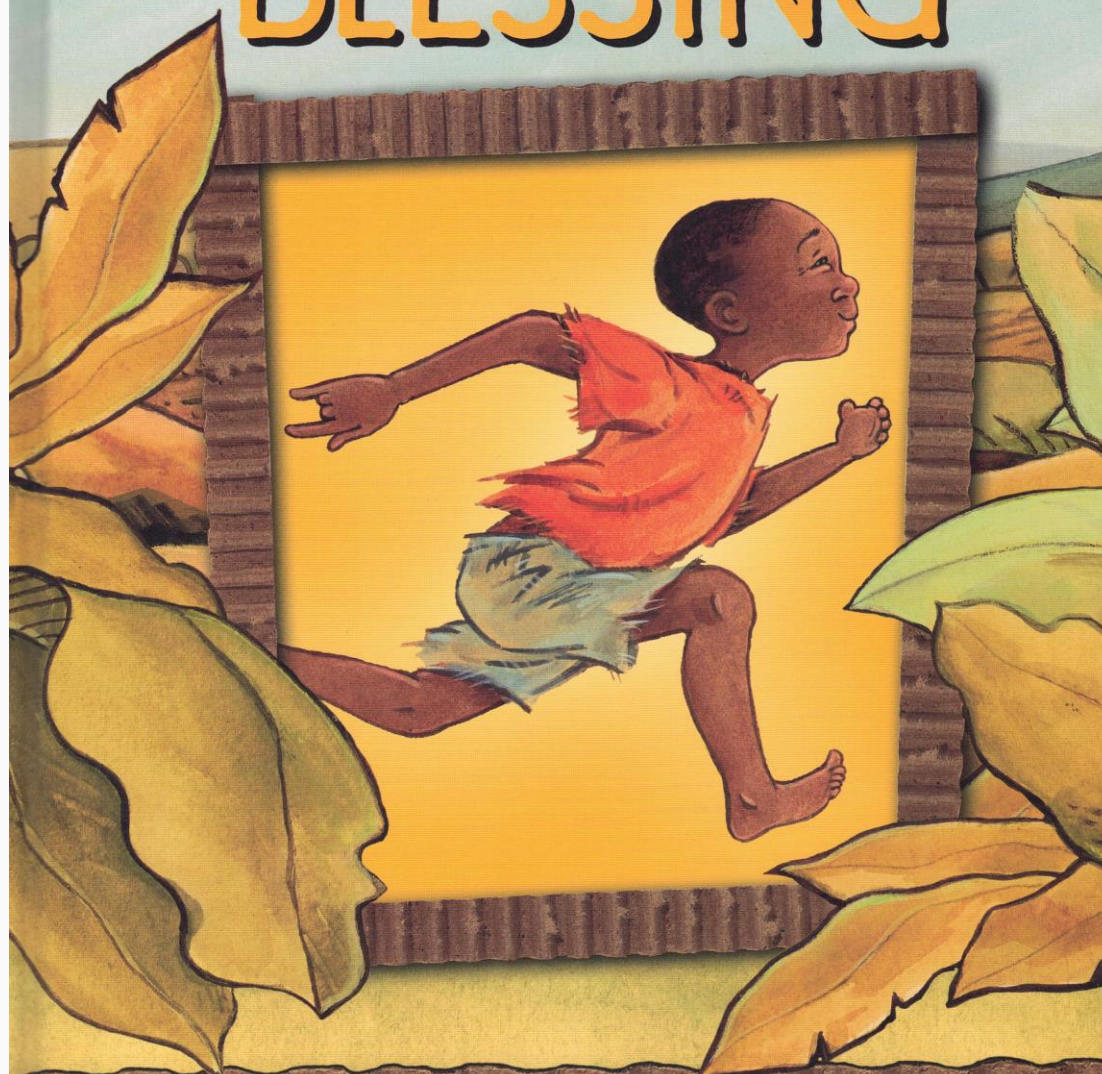
***The Capacity To Recover Quickly***





**Research indicates that the absence of PCEs may be more damaging to long-term health outcomes than the presence of ACEs.**

MY NAME IS  
**BLESSING**



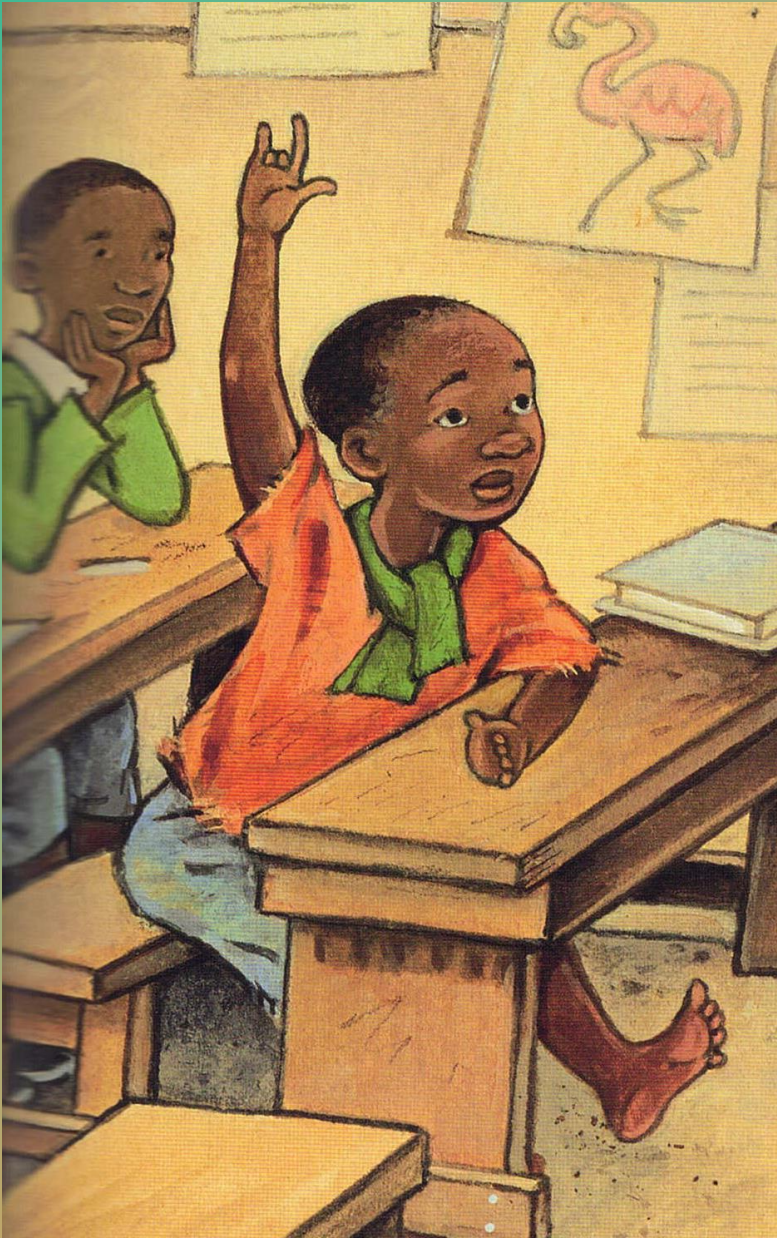
ERIC WALTERS

illustrated by  
EUGENIE FERNANDES

# Children's Literature and HOPE

- Why do you think I chose to read this children's book to you today?
- What messages or themes stood out to you?
- Can you recall a children's story or any fiction book that you connect with when you were younger?
- How did it make you feel, and what impact did it have on you?





***“He could think clearly. He was one of the top students in the entire school.”***



RELATIONSHIPS

**Relationships** with other children and with other adults through interpersonal activities.

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ENVIRONMENT

**Safe, equitable, stable environments** for living, playing, learning at home and in school.

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ENGAGEMENT

**Social and civic engagement** to develop a sense of belonging and connectedness.

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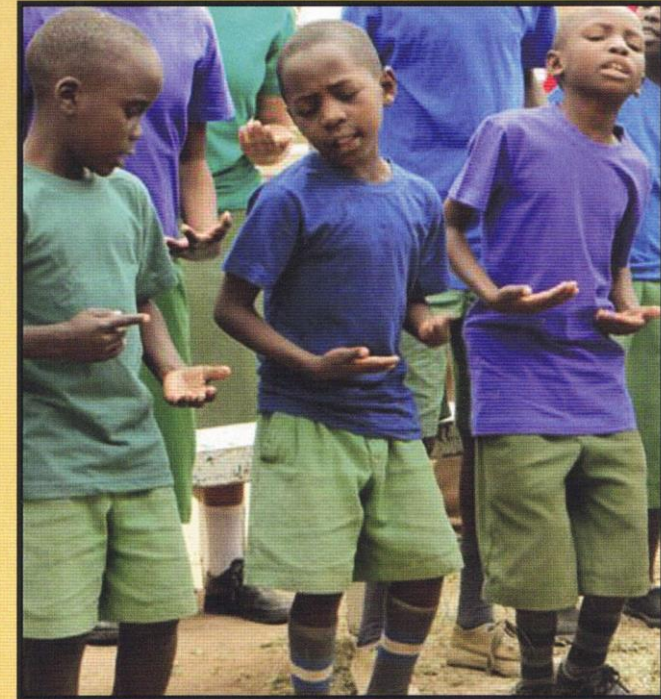


EMOTIONAL GROWTH

**Emotional growth** through playing and interacting with peers for self-awareness and self-regulation.

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# The Four Building Blocks of HOPE



Baraka singing



*“Creating a connected childhood is the most important task in child rearing. It requires the help of many people, not just parents.”*

Edward M. Hallowell, MD.



“Muthini knew his Nyanya did her best. She always gave what she had – extra portions of love.”



# Making Meaningful Connections

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- **Delight in children**
- **Connectedness as a goal**
- **Family dinner**
- **Give Advice**
- **Talk**



# AND:

- Celebrations, Routines and Rituals
- Physical touch
- Read aloud together



MAKE NEW FRIENDS BUT KEEP THE OLD.  
ONE IS SILVER AND THE OTHER GOLD.



Friends, Neighborhood, Community



# Building Block #1 Relationships

What are simple activities that encourage teamwork?

What are fun ways to help children express appreciation for others?

What activities help children practice listening and understanding?

What are creative ways to encourage cooperation and problem-solving?

What are engaging activities that promote trust and connection?

## 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





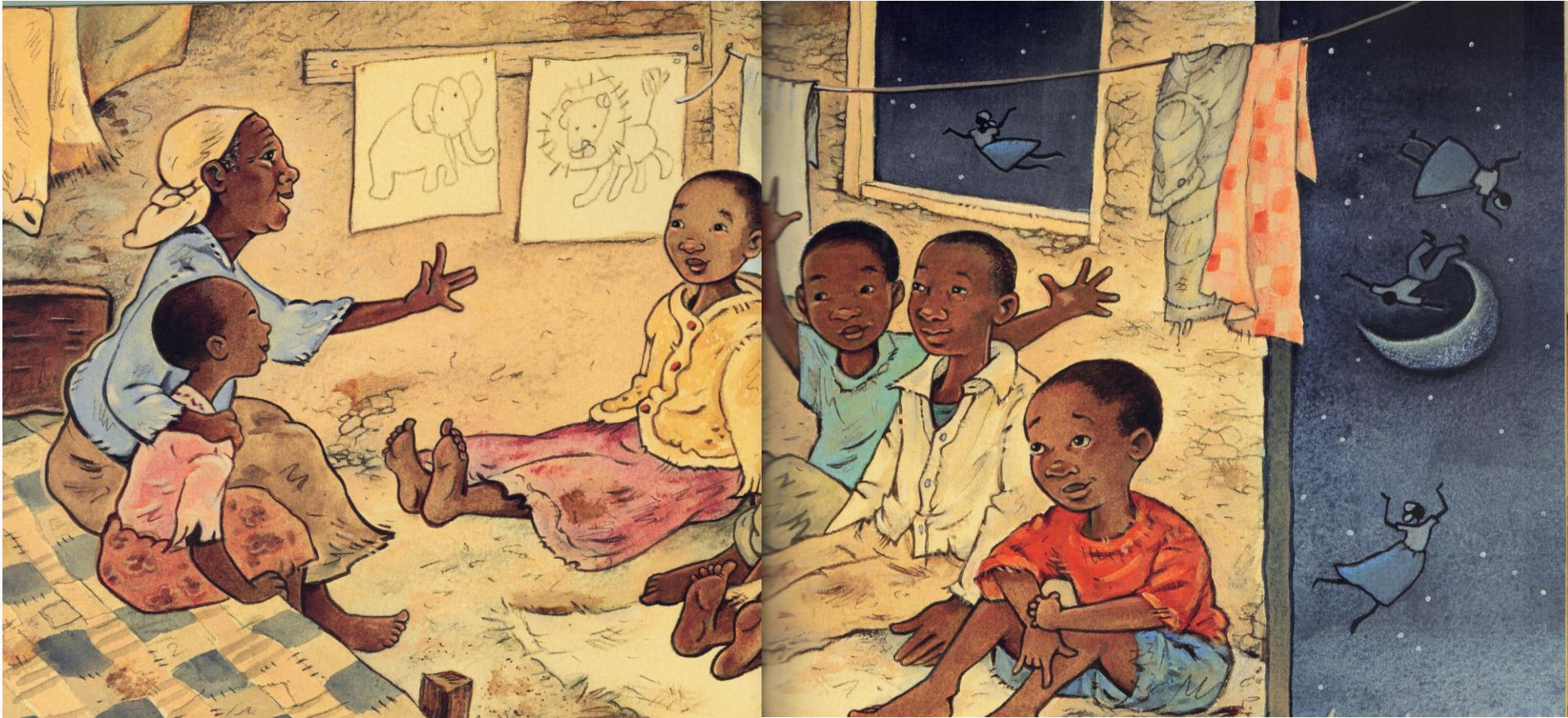
## Creating Safe, Stable, and Nurturing Environments for Children and Families

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- Reliability
- Anchor Points
- Fun & Connection
- Goal Setting
- Well-Being
- Learn Together



# How do people accommodate for what they don't have?



# Intentional Environments: Supporting Children and Families



# Building Block #2 Environment

What are some different simple activities you could do with children and families to model healthy, supportive environments?



# Activity

- **Odd numbered tables:** Discuss the themes of connectedness and relationships within the story.
- **Even numbered tables:** Discuss how the characters created stability, safety, and a protective environment. How did the environment impact a positive childhood experience?
- **All tables:** How might you share this story with the children and families you work with, and use it to identify their strengths?



Reading time

10:00



mins:  secs:  type:

 Breaktime for PowerPoint by Flow Simulation Ltd.

# Fostering Belonging and Purpose in Children

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Children need to feel that they belong and that they matter to the people and communities around them. This idea that they are part of something bigger than themselves can help create a sense of purpose and mattering.



ENGAGEMENT



## *The Power of Engagement: Fostering Self-Sufficiency and Stronger Communities*

- a sense of ownership and responsibility.
- strengthens connections and promotes long-term stability.
- Self-sufficiency



## Encourage Families to Get Involved

- Chores, Work, and Responsibility
- Activities and Sports
- The Past



# Encourage Families to Get Involved

- Arts
- Nature



# Building Block #3 Engagement

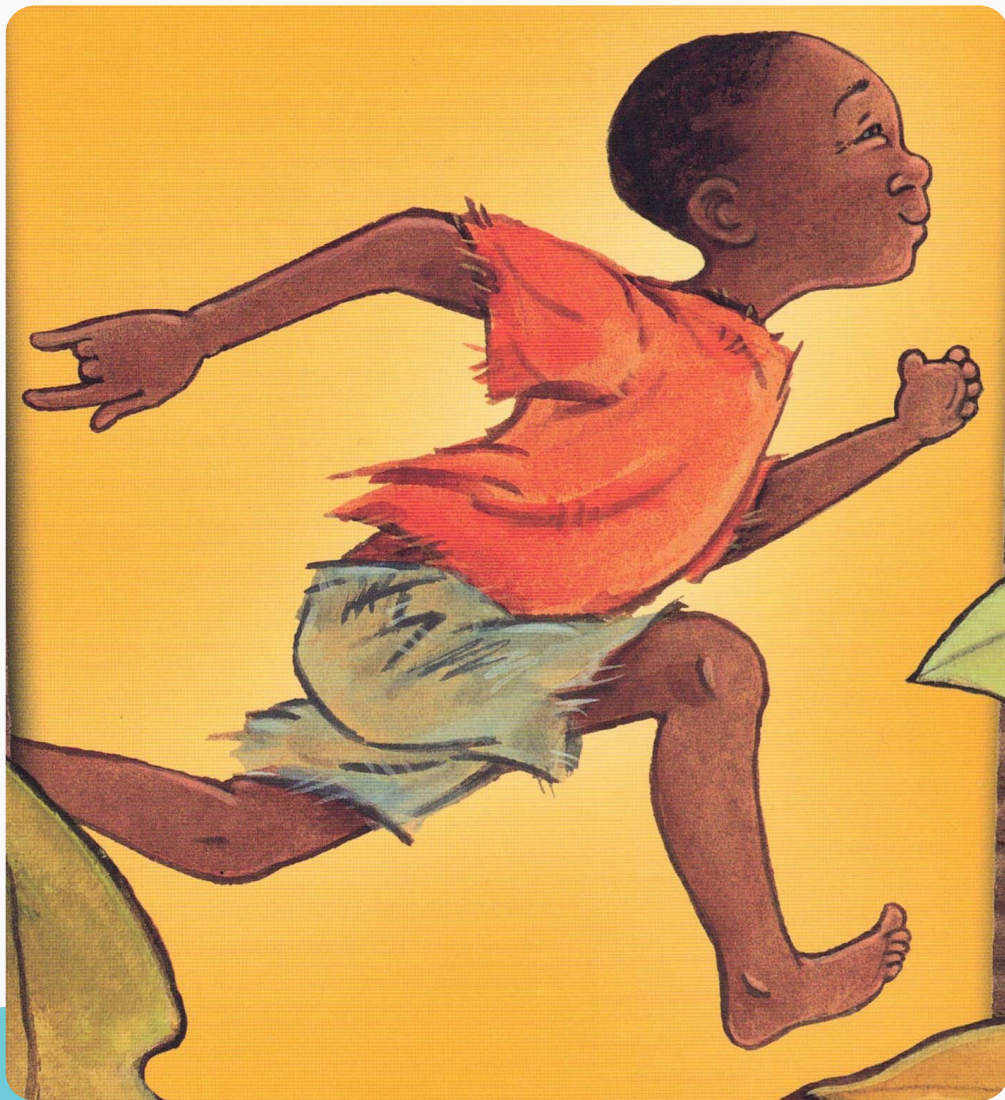
- What are some local places families can visit together?
- What skills or talents can families share with the community?
- How can children and families contribute to improving their community?



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Emotional growth through playing and interacting with peers for self-awareness and self-regulation.





## Compliment and Praise:

“Your heart is larger than other peoples...that is why you can run so fast.”

## Mastery of a skill:

“The ball never left his foot as he raced up the field, dodging those who tried to take it away...The NEXT time he would score!”



Uh Oh, I spilled

# Self-reflection:

Think about a challenge you have overcome. What strengths did you utilize and how did that success move you forward?

Why did you feel successful in the challenge?

What do you do well? Something that when you set out to do it, you KNOW you can do it.

How do you KNOW you can do this thing or activity?



I've  
Got  
This!



# Koala-fied

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# Emotional Growth



Develops Self-Awareness



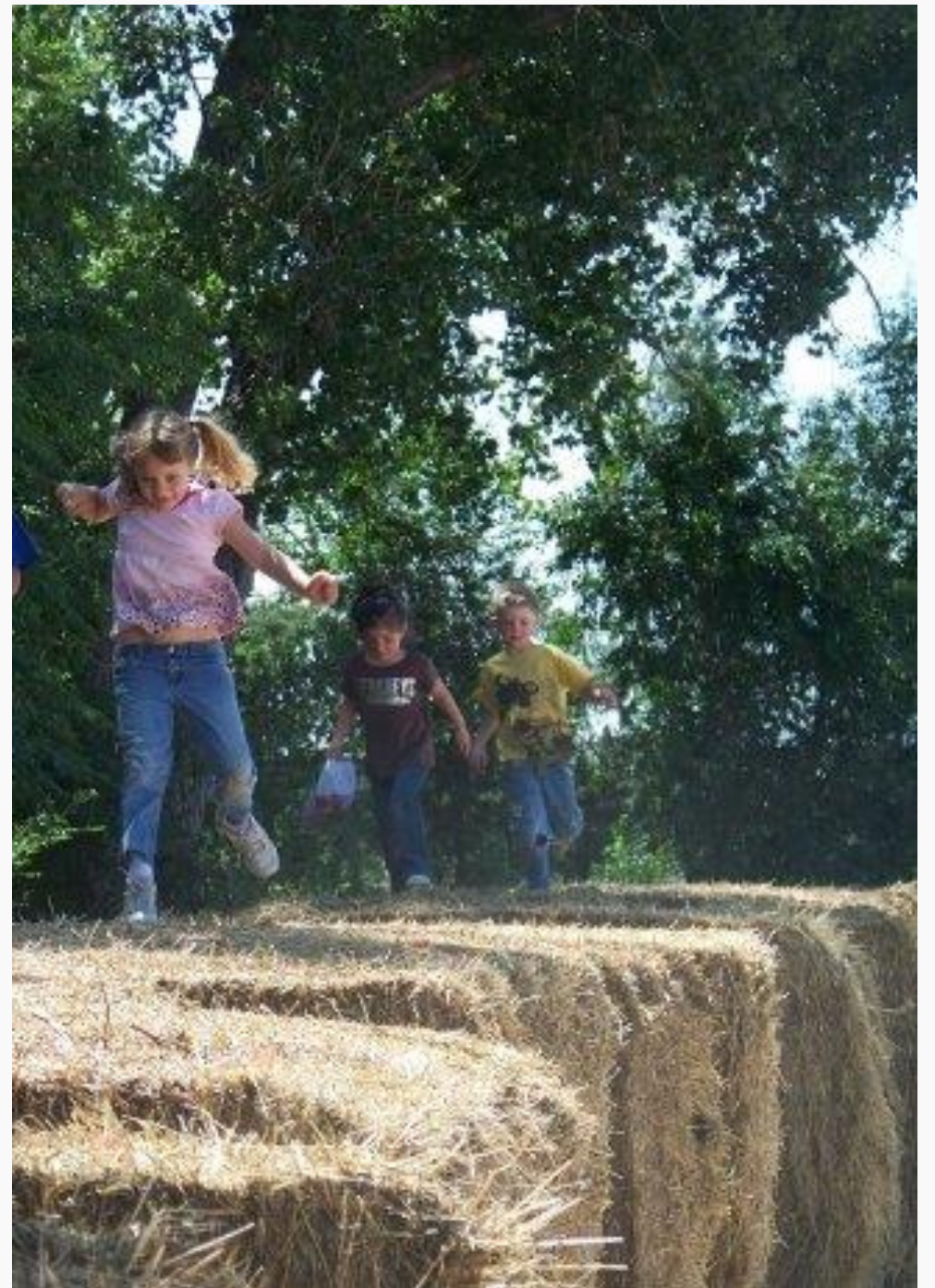
Improves Social Skills



Supports Mental Health



Promotes Positive Behavior



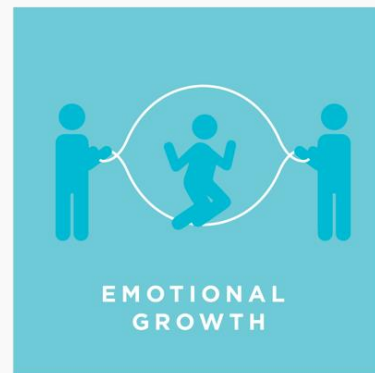




## Building Block #4 Opportunities for Emotional Growth

Preschool Power Posing – an opportunity for emotional growth

# Adversity and the Building Blocks of HOPE



## Child Abuse & Neglect...

- Disrupts foundational **relationships**
- Disrupts safe home **environments**

## Family Disruption...

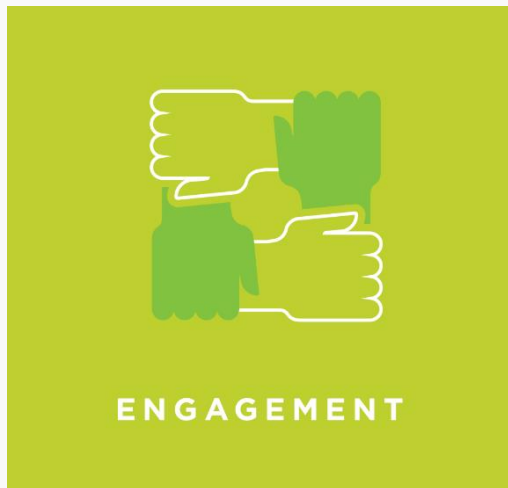
- Disrupts safe **environments**
- **Adverse Community Environments...**
- Reduce **engagement**
- Reduce opportunities for **emotional growth** (peer play)



In each  
encounter



When providing  
places where  
joy and trust  
come alive



When  
sharing  
resources



When meeting  
people for the  
first time

# *Creating Moments of HOPE* Building Block Game

- **Promote Positive Relationships**
- **Build a Supportive Environment**
- **Enhance Engagement**
- **Support Emotional Growth**
- **And Encourages Creativity & Flexibility**

# Making Your Own Game

- On each table, you will find one of the building block templates and markers
- Brainstorm together different activities that could be put on each side of the dice. Activities that would enhance or provide opportunities to engage in that particular building block. You can use ideas from our discussion, the books on your table, and even google searches.
- Be prepared to share your dice with the entire group when we are finished.

# Creating Moments of HOPE – Building Block Game

**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.

This game encourages meaningful interactions, fosters creativity, and helps players actively engage in HOPE-building moments together.

# Creating HOPE: Recognizing Strengths and Providing Opportunities

