

Building Positive Childhood Experiences

Research shows that positive childhood experiences (PCEs) promote resilience and protect against the poor health outcomes associated with trauma. The HOPE National Resource Team categorizes PCEs in 4 building blocks: (1) healthy relationships with peers and adults; (2) safe, equitable, and stable environments for learning, playing, and living; (3) opportunities for civic engagement; and (4) opportunities for social and emotional growth. Promoting these essential experiences builds healthy futures for all children.

Instructions

- Ahead of time: Inflate your beach ball(s) and write the questions on it.
- At your event: Ask participants to get into groups of 10 or fewer with parents and their kids in the same groups. Have each group stand in a circle.
- Make sure everyone gets to introduce themselves!
- Start by passing the ball to someone in the circle. When they catch the ball, ask them to read and answer the question closest to their right thumb.
- Keep passing the ball around the circle until everyone has gone multiple times!
- At the end, ask each participant to share one new thing they learned about their family member!

Beach Ball Questions

Relationships

- What's your favorite family tradition?
- What's your favorite activity to do with family?
- Stop - go around the circle & name a trusted friend you are grateful to have in your life.
- Who do you go to for advice?

Environment

- Where do you like to go to play?
- What do you like to do outside in the winter?
- Where do you go to feel better when you're anxious?
- Stop - go around the circle & name your happy place.

Engagement

- How do you help out in your community?
- What's your favorite way to show someone you care about them?
- Stop - go around the circle & share how you made someone smile today.
- What's something about your community or culture you want to learn more about?

Emotional Growth

- What's one lesson a friend taught you?
- Stop - go around the circle & share what you are grateful for today.
- How do you show yourself love?
- What makes you happy? Angry? Overwhelmed?