

H.O.P.E WEEK ↗ MAY 8-12, 2023

SPREAD HOPE!

WHAT IS H.O.P.E.?

H.O.P.E. is a way of thinking and talking about experiences that support children's growth and development into healthy, resilient adults. It's based on these four essential building blocks for healthy childhood development.

- ↗ Nurture relationships
- ↗ Provide safe, equitable, stable environments
- ↗ Encourage social and civic engagement
- ↗ Foster emotional growth

We celebrate H.O.P.E. week, May 8-12, 2023, during mental health awareness month. We invite you to host, participate in and provide positive experiences for your community and help children develop the skills they need to thrive and succeed in life.

SOME WAYS TO PARTICIPATE ARE:

- ↗ Organize a bike rally in your community to raise awareness of H.O.P.E.
- ↗ Arrange a walk or hike with your church group in one of your favorite areas to get outside and talk about what you love about the outdoors.
- ↗ Hand out #HopelivesHere Hope Kits at school! IRP regional groups can provide materials to youth groups to fly and talk about building resilience.
- ↗ Decorate your community with chalk art notes of hope!
- ↗ Institute a new tradition at the dinner table each night to ask everyone what they are proud of. Celebrate the successes with them, however big or small.

Be sure to take photos or videos of yourself participating in H.O.P.E. Week then post to social media using [#hopeliveshere!](#)

TO POST YOUR H.O.P.E WEEK COMMUNITY EVENT OR FIND EVENTS NEAR YOU, CHECK OUT THE COMMUNITY CALENDAR AT [IDAHORESILIENCEPROJECT.ORG/EVENTS-TRAININGS](https://idahoresilienceproject.org/events-trainings)

MORE INFO AT IDAHOHOPEWEEK.COM

