

SHOW  HOPE

HOPE

for the Journey



HOST GUIDE



Letter From SHOW HOPE'S FOUNDERS

Dear Hosts,

Welcome to Show Hope's Hope for the Journey online educational/training platform. For 15 years now, through God's grace and favor, Show Hope has not waived in our efforts to support and encourage parents and caregivers meeting the needs of children impacted by adoption and/or foster care through our Pre+Post Adoption Support work. And as a host church or organization of our Hope for the Journey resource, you, too, are working to reduce barriers that stand between children and places of security, healing, and hope. Thank you for locking arms with us in this much-needed work. Together, we will SEE a world where every child knows that he or she belongs within the love and permanency of a family.

Whether you are a seasoned host or this is your first Hope for the Journey experience, we are honored you have chosen to bring this resource to your community, and we want to do all we can to support you. This host guide provides general information about the platform and content but is also designed to help you in leading discussions and encouraging participants in their unique needs as well as thinking through logistics of hosting in-person and virtually. If you have a need not addressed in this guide, please reach out to us at hopeforthejourney@showhope.org or visit showhope.org/hopeforthejourneyresources.

The Show Hope team will be covering you and your attendees in prayer in the days ahead!

With hope,

Mary Beth & Steven Curtis Chapman

Mary Beth & Steven Curtis Chapman
Founders
Show Hope

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About

SHOW  HOPE

HOPE

for the Journey

In 2010, Show Hope launched its first in-person Empowered to Connect Conference which soon moved to be both an in-person and simulcast event. In the post-COVID-19 world, the Empowered to Connect Conference & Simulcast was reimagined and relaunched as the Hope for the Journey Conference in 2021. And today, in an effort to better serve the growing needs of families, churches, and organizations, Hope for the Journey is now available with year-round access to content that has impacted and equipped more than 155,000 individuals, both here in the U.S. and around the globe.

Through proven, trusted content, Hope for the Journey explores the fundamentals of Trust-Based Relational Intervention (TBRI) across five sessions—chock-full of knowledge, insight, and practical tools. Rooted in research and neuroscience, the Connecting, Empowering, and Correcting Principles of TBRI will guide you to a better understanding of your child's or teen's needs and equip you to adequately meet those needs.

About

SHOW  HOPE

Show Hope is an internationally recognized voice in adoption advocacy and support. Founded in 2003 by Mary Beth and Steven Curtis Chapman, this faith-based, 501(c)(3) nonprofit exists *to care for orphans by engaging the Church and reducing barriers to adoption*. Show Hope's efforts have helped thousands of children come to know the love and permanency of a family while equipping and mobilizing individuals, families, church leaders, and professionals to care holistically for children who are vulnerable.

About TBRI

Developed by Drs. Karyn Purvis and David Cross at the Karyn Purvis Institute of Child Development at TCU, Trust-Based Relational Intervention is designed to meet the relational and developmental needs of children and teens, particularly those impacted by loss and trauma. TBRI considers the whole child—his or her brain, biology, behavior, body, and beliefs—and provides parents and caregivers with a roadmap of practical tools and insights to help children reach their highest potential. And although TBRI is based on years of attachment, sensory processing, and neuroscience research, at its core remains connection.

The TBRI model is built upon three guiding principles:

- TBRI Connecting Principles: Create connections that disarm fear, gain trust, and enhance learning.
- TBRI Empowering Principles: Strengthen learning and regulation by meeting a child's physical and environmental needs.
- TBRI Correcting Principles: Shape beliefs and behaviors effectively, so children and teens feel safe, protected, and empowered.

For some, TBRI may be perceived as clinical in nature as it does involve the complexities of science, we, at Show Hope, see it as an opportunity to express our shared faith in Jesus Christ. In "Created to Connect: A Christian's Guide to The Connected Child," Dr. Purvis, with Amy and Michael Monroe, writes, "The longing of the human heart is to connect and belong. We long to connect with our Creator, in whose image we have been made, and by God's grace such a connection is possible. As relational beings, we also have a deep need and desire to connect with those around us. One of the most important and meaningful human conditions is undoubtedly between a parent and child."

About KPICD

The Karyn Purvis Institute of Child Development (KPICD) is a program of the Department of Psychology in the TCU College of Science & Engineering in Fort Worth, Texas. Their mission is to improve the lives of children through research, education, and outreach that addresses the impact of early abuse, neglect, and trauma. Their research and interventions are empowering parents, professionals, and students with trauma-informed strategies that improve outcomes for children and youth.

CONTENT

An integral resource within Show Hope's Pre+Post Adoption Support work, Hope for the Journey is a fully customizable platform, based on your unique needs, and includes the following.

- 5 teaching sessions based on the fundamentals of TBRI, led by seasoned educators, practitioners, and professionals (see page 9 for further details)
- "Going Deeper" video segments on curated, relevant topics
- "Practical Perspectives" video segments from parents and caregivers with lived experience as well as voices of adult adoptee and/or foster care alum
- A unique exploration of the intersection between the gospel and trauma-informed care and practices
- Bonus video content that focuses on enduring or specialized topics, including ACEs and TBRI in the classroom
- Plus, more

SESSIONS

AN INTRODUCTION TO TBRI

This session provides a high-level view of TBRI, including its three primary guideposts of Connecting Principles, Empowering Principles, and Correcting Principles. You'll also gain a better understanding of how trauma impacts the brain and why connection is important for healing.

TBRI CONNECTING PRINCIPLES

In this session, you'll explore attachment theory and how to help your children feel valued, safe, and connected. You'll walk away with practical strategies for addressing fear and building trust in everyday life, so your child or teen can expand his or her capacity for connection, growth, and learning.

TBRI EMPOWERING PRINCIPLES

Empowering Principles examine how our bodies and external environments shape and impact our needs. With that understanding, you'll learn different strategies for better meeting the physical and sensory needs of your children, helping them navigate transitions, and more, so they eventually learn how to regulate and balance their minds and bodies.

TBRI CORRECTING PRINCIPLES

It's important to remember that behavior will not change without connection. The real transformation comes through proactive connecting and empowering strategies. However, there will be times when we need to correct behavior. These principles will help you teach your child appropriate strategies for getting his or her needs met.

THE GOSPEL + TBRI

This session unpacks how TBRI and its principles are tangible expressions of the gospel of Jesus Christ, as outlined by Show Hope. It offers parents, caregivers, church leaders, and professionals a better understanding of practical opportunities to live out their faith in their homes and communities.

CONTENT DETAILS

- **Learning Module 1: An Introduction to Trust-Based Relational Intervention (TBRI)**
 - » Teaching Session With Sarah Mercado of the Karyn Purvis Institute of Child Development (KPICD) at TCU
 - » Going Deeper With Kate Johnson and Nathan Magness on the topic of “Why TBRI?”
 - » Practical Perspective With Dr. Jennifer Chambers
- **Learning Module 2: Connecting Principles**
 - » Teaching Session With Amanda Purvis of the KPICD
 - » Going Deeper With Cindy Lee on the topic of Connecting One on One With Kids & Teens
 - » Practical Perspective With Laurel and Ryan Hanlon
- **Learning Module 3: Empowering Principles**
 - » Teaching Session With Geoffrey Nelson
 - » Going Deeper With Manny Ortiz on the topic of Exploring Sensory Experiences
 - » Practical Perspective With Austin Ludwig
- **Learning Module 4: Correcting Principles**
 - » Teaching Session With Dr. Daren Jones
 - » Going Deeper With Justin Myers on the topic of Shifting Your Mindset
 - » Practical Perspective With Mary Margaret and Jeff Mauer
- **Learning Module 5: The Gospel + TBRI**
 - » Caring Holistically for Children and Families Within the Church
 - » Going Deeper With Dr. Russell Moore
 - » Practical Perspective With Erin Fletcher

LEARNING OBJECTIVES

- To better understand the specific needs of the whole child—through the principles of TBRI—and practical steps that can help children thrive.
- To provide an in-depth look at the impact of trauma on children, including effects on brain development, neurochemistry, sensory processing, attachment behaviors, and ability to self-regulate.
- To encourage parents and caregivers to consider their own histories, attachment styles, and what role it may play in their child’s process of developing secure attachment.
- To provide a summary of attachment and key attachment research, focusing on the role of attachment as the foundation of the parent/child relationship.
- To help parents and caregivers understand how to rebuild and repair ruptured attachments for children who have experienced early trauma.
- To present an overview of how sensory processing and neurochemistry are affected in children who have experienced early trauma.
- To offer insights, strategies, and tools for parents, caregivers, and professionals in achieving effective behavioral change while promoting lasting connection and healing with their children.
- To help parents and caregivers see their children with eyes of compassion and to offer hope and encouragement as they seek to journey well with their children.

Schedule Examples

Hosts are able to decide how to present the content and how to organize breaks to best serve their respective groups. Some example schedules are included below to provide ideas for how to organize your viewing.

Please keep in mind that we encourage the reinforcement of the teaching through providing breaks, water, and healthy snacks.

One-Day Schedule

DAY 1

- **Learning Module 1: An Introduction to TBRI (60 minutes)**
 - » "Going Deeper" Video Segment (15 minutes)
- **Learning Module 2: TBRI Connecting Principles (60 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
- **Learning Module 3: TBRI Empowering Principles (60 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
- **Learning Module 4: TBRI Correcting Principles (60 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
- **Learning Module 5: The Gospel + TBRI (45 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)

Two-Day Schedule

DAY 1

- **Learning Module 1: An Introduction to TBRI (60 minutes)**
 - » "Going Deeper" Video Segment (15 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)
- **Learning Module 2: TBRI Connecting Principles (60 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)
- **Learning Module 3: TBRI Empowering Principles (60 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)

Schedule Examples

Two-Day Schedule (cont.)

DAY 2

- **Learning Module 4: Correcting Principles (60 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)
- **Learning Module 5: The Gospel + TBRI (45 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)

Five-Week Schedule

WEEK 1

- **Learning Module 1: An Introduction to TBRI (60 minutes)**
 - » "Going Deeper" Video Segment (15 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)

WEEK 2

- **Learning Module 2: TBRI Connecting Principles (60 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)

WEEK 3

- **Learning Module 3: TBRI Empowering Principles (60 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)

WEEK 4

- **Learning Module 4: Correcting Principles (60 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)

WEEK 5

- **Learning Module 5: The Gospel + TBRI (45 minutes)**
 - » "Going Deeper" Video Segment (12 minutes)
 - » "Practical Perspectives" Video Segment (7 minutes)

Please note: All times are approximations.

Logistics

There are several decisions to make after you decide to host Hope for the Journey.

LOCATION FOR HOSTING

- Churches are often great sites because many are prepared with seating, screens, and audio equipment to make streaming as easy as possible.
- Previous site hosts have also utilized schools, hospitals, adoption agencies, community centers, and homes.
- Other considerations:
 - » Number of seats available
 - » Option to utilize tables
 - » Comfort level
 - » Restroom access
 - » Nearby dining options, if needed

PRICING

Many sites choose to sell tickets to offset some of their expenses while others offer the event as a gift to their community. When considering pricing, think through other possible expenses such as event space rentals, snacks, beverages, and childcare.

The average registration price charged by host sites for attendees in previous years has been between \$10-\$30.

REGISTRATION

Show Hope does not provide an online registration tool for you to use, but we recommend [Brushfire](#) or [Eventbrite](#).

Even if you are hosting a free event, it may be helpful to have attendees register to give you an idea of how many people to expect. If you would like to communicate with attendees before or after the viewing, be sure to consider the best way to collect contact information. An online registration process may simplify communication for event reminders, location and parking details, and so forth.

TABLES

In years past, many Hope for the Journey hosts have utilized tables for attendees rather than theater-style seating. Tables can make it easier for attendees to take notes and better support learning. They also allow coordinators to provide fidgets and candy to meet sensory needs and help keep viewers engaged. Items that may be considered for the tables include stress balls, squeeze toys, tangle toys, putty, Slinkys, bubblegum, and candy. If you choose to use tables at your viewing, you can also use them to distribute materials, such as workbooks, pens, and name tags.

Tables are also helpful for encouraging conversation among attendees and fostering an environment that allows attendees to connect with others who can continue to support and encourage them.

CHILDCARE

Though there is no expectation for a site to provide childcare during the event, some sites have chosen to make it available. While there are a number of considerations related to this possibility, including childcare providers, location, liability concerns, cost, and registration, choosing to offer a childcare option may make it easier for parents to participate.

Logistics

CLOSED-CAPTIONING

The option of providing the video content with closed-captioning is available through the Hope for the Journey platform. Please contact Show Hope for additional details at hopeforthejourney@showhope.org.

HOSTING VIRTUALLY

You may opt to host virtually. If so, we have highlighted tips and ideas to keep in mind as you plan and prepare for hosting.

- Consider creating a microsite where participants can easily access the resources needed to follow. A microsite allows you to customize based on your group's needs, or you can always direct participants to [Show Hope's Hope for the Journey Resources page](#).
- Plan ahead for any potential technical difficulties or external distractions your participants may experience. First, ensure everyone has a strong WiFi signal or access to one. Depending on what app (i.e. Zoom, Microsoft Teams, Google Meet, etc.) you are using for your times of discussion, participants should be comfortable with it ahead of your scheduled time(s). Remind participants to carve out an uninterrupted space as much as possible (i.e. silence cell phones, turn off email notifications, etc.). Along with that, as the host, make sure you are familiar and comfortable with the app's features, controls, and so forth (i.e. muting/unmuting options, chat capabilities, etc.).
- Coordinate a plan for communication during your scheduled viewing window(s) in case technical issues arise. Be sure to familiarize yourself, as the host, with the technical support information within the platform (or find information on [Show Hope's Hope for the Journey Resources page](#)).

- Take advantage of opportunities for breaks. If you are viewing on the one-day or two-day schedule, natural breaks will occur between each learning module. Encourage participants to stretch, hydrate, and fuel up on snacks during those windows. On average, 60 to 90 minutes is the time an individual can successfully engage and be participative. After that, breaks are needed.
- Incorporate times for interactions, whether it is a group activity or a time of question-and-answer. Reference the Activities section in the host manual for ideas on creating a meaningful experience for your group (see page 20).

POST-VIEWING PREPARATION

Most importantly, we encourage you to begin to plan now for what happens after Hope for the Journey. We believe the most effective events occur where there are tools and support in place as participants begin to process their own histories and implement new strategies into their families, communities, or practices.

Though ideas will be discussed later in this manual, it is important to consider the needs of your community and the resources already available. Start by developing a resource list and network with local organizations and professionals currently serving children and families impacted by adoption and/or foster care. This will help you see where there are resources in place and where there are gaps. You can then begin to think through the role you, your church, or your organization can play in meeting those specific needs.

Promotional Materials

+ MARKETING TIPS

We want your Hope for the Journey experience to be as successful as possible, and we know this success depends on equipping you to spread the word about your event to your community. We hope to equip you to support your community well—either virtually or in person. We've included some simple and effective ways to ensure everyone knows when and where your event will be happening.

To get you started, we've created flyers, posters, a video, bulletin inserts, tickets, and PowerPoint slides that can be customized to include your site's location, contact information, and registration details. You can print or distribute these items to potential attendees via email or social media. All promotional materials are available for download [here](#).

We also encourage you to think outside the box as you promote your event. Other than the families in your church or those served by your organization, there are likely others who could benefit from the content, there are likely others in your community who would also find it helpful. Teachers, counselors, children's and youth ministers, court-appointed special advocate (CASA) volunteers, judges, first responders, healthcare professionals, therapists, and social workers serve many families and children impacted by adoption and/or foster care and could also be wonderful resources for the families you already know. Ask families to invite those who already provide services to their children. They can also provide contact information for you to reach out directly with details.

As you prepare, it may be helpful to direct people to introductory resources, such as the Overview of TBRI or Introduction to TBRI available on the KPICD [website](#). There are also a number of free resources available on the Empowered to Connect [website](#) as well.

In addition, YouTube includes a number of [TBRI Portraits](#) of families and professionals impacted by this material. For example, when reaching out to a teacher, it can be helpful to include a brief video of another teacher sharing how she utilizes the content in her classroom as you share why you decided to bring Hope for the Journey to your community.

Hope for the Journey

TBRI APPLICATION GUIDE

Show Hope recommends that each participant or family has access to a Hope for the Journey TBRI Application Guide. **This supplemental guidebook is not meant to mirror or be followed during the teaching sessions.** Note-taking space is provided within the guide for your convenience.

Guidebook includes:

- Key takeaways from each of the five learning modules
- Practical application activities
- Space to record notes

A digital copy of the guide is available within the platform as well as on the [Hope for the Journey Resources page](#).



Continuing Education

Show Hope does not offer professional continuing education opportunities to viewers, although a host site may work with their state's accreditation organization to explore options for offering professional credit. Interested professionals may also explore additional training opportunities in TBRI through the KPICD at TCU.

Training Certificates for ADOPTIVE & FOSTER PARENTS

Training or continuing education certificates will be available for parents or caregivers. You will find the certificate within the Hope for the Journey platform or on the [Resources page](#).

The parent/caregiver will be responsible for noting completed sessions. It is at the discretion of each agency to award credit for the resource. If an agency has questions about the content, they can contact Show Hope at hopeforthejourney@showhope.org.

Quizzes will follow at the end of each session, which you should utilize to track progress.

Technical Support

TECHNICAL SUPPORT

A technical support guide will be available within the Hope for the Journey platform or on the [Resources page](#).

We are unable to know what your Internet Service Provider (ISP) is capable of delivering to you or what type of system your venue is running. However, we can offer you some guidelines and tips to help you receive the highest quality possible.

1. Recommended Browsers

Google Chrome, Firefox, and Safari are three browsers we recommend.

2. Test Your Speed

To check your actual download speeds, please visit www.speedtest.net. Click BEGIN TEST, and speedtest.net will AUTOMATICALLY test your speed and give you an accurate indication of your capacity.

The “download speed” number is the one that is important for your broadcast capability. Your network connection should sustain a download speed of 20 Mbps or greater.

Note: The quality you will see and receive is fully dependent on your internet connection and your equipment. It is highly recommended that only one computer be accessing the network during the broadcast.

DEDICATED CONNECTION

We recommend a dedicated internet connection for the computer you are using to stream the content. We also recommend that the connection be wired, not wireless.

Note: If you have limited bandwidth, more users accessing the same network will lead to slower times and may degrade the performance of the stream.

CONTACT

If you have any questions or concerns in regard to technical issues, please contact Show Hope at hopeforthejourney@showhope.org.

Discussion

An element of the event that a number of hosts have requested in previous years is time for discussion among attendees. The discussion and activity guide below offers suggestions for small group discussion and games to reinforce what is taught in the conference. Based on the size and needs of your group, you can choose the activities that will work best in your context. It is divided by topic, which offers additional flexibility for your schedule. If you are hosting virtually, consider utilizing virtual breakout rooms for smaller group discussions.

Many thanks to the team at Empowered to Connect for their work on this section!

AN INTRODUCTION TO TBRI

Risk Factors

1. Difficult Pregnancy
2. Difficult Birth
3. Early Hospitalization
4. Abuse
5. Neglect
6. Impacts of Institutional Care
7. The TBRI model is built upon three guiding principles:
 - Which of those risk factors have a child/children in your care experienced?
 - How does considering the potential impact of those risk factors change the way you view their behavior?

Trauma

- How does the following thought change the way you view your role as a caregiver?
Children who have experienced relational trauma will experience healing through safe, nurturing relationships. — Dr. Karyn Purvis

Impact of Risk Factors

The 5 Bs

- Brain
- Biology
- Body
- Behavior
- Beliefs
- When thinking about the "5 Bs," which ones do you see impacted by your child's history?
- How does considering those impacts through a trauma lens inform the way you respond and care for your child?

Brain

- Share a time when you misinterpreted a child's behavior as willful defiance or disobedience when in fact he or she was experiencing and/or responding to some type of stress, whether internal or external. How did you respond? How did they react to that response? How could you respond next time while keeping the brain in mind?

Discussion

TBRI CONNECTING PRINCIPLES

Connecting

- What gets in the way of you connecting with the children in your care?
- Why is it sometimes difficult to see beyond a child's behavior and recognize the underlying need being expressed?

Attachment

- When thinking about the attachment cycle, how has a child in your care missed the benefit of a healthy attachment foundation? What are some needs that might have gone unmet for them?
- Why is the caregiver's attachment style important for the child?
- We often talk about attachment as a dance between the child and the caregiver. What are some ways you have seen your own history get in the way of your relationship?
- What does "being fully present" mean to you?

Fear

- What evidence of fear-driven behaviors or responses have you seen in your child?
- What triggers a fear response in your child?
- Does your child typically respond to fear or stress with a fight, flight, or freeze, or fawn response? How do you typically respond to your child's response?

Felt Safety

There is a profound difference between being safe and feeling safe.

- Some children have chronically lived in survival mode and never experienced "felt safety." Describe a time when you were safe, but you didn't feel that way. (It can be either emotional or physical.)

Balance of Nurture and Structure

- Growing up, did your parents place more emphasis on structure or nurture? What influence does this have on the way you parent?
- Part of building felt safety and connection is keeping a balance of nurture and structure. We typically lean toward being either high nurture or high structure. Are you naturally more structured or more nurturing?
- What is a practical step you can take to gain a better balance?
- Share an example of when your child might have needed one type of engagement (nurture or structure) and you responded with the other. What was the result for them? What was the result for you?

Play

- What do you enjoy doing for fun? What does your child enjoy doing? How can you engage your child intentionally around their play style/interests?

Discussion

TBRI EMPOWERING PRINCIPLES

Sensory

Sensory processing is how the body receives, organizes, and responds to input from the senses (input comes from the environment as well as from within the body).

- What are some of your own sensory sensitivities or preferences? (For example: tags on shirts, loud noises, certain smells, etc.)
- What sensory-processing needs have you seen in your child? Which ones have you found it hard to understand and respond to?
- Share a time when you might have misinterpreted those needs as bad behavior or inflexibility?
- What are some ways you can modify your environment to support your child's sensory needs? (Examples: lights, smells, noise, sensory-rich environments, etc.)

Managing Transitions

- What are some transitions your child struggles with?
- What strategies can you use to support your child in making these transitions successfully?

Hydration/Nutrition

- Is food a struggle in your home?
- What fear-based behaviors do you see in your child that are connected to food?
- What is an action step you can take to better support your child's hydration, nutrition, and felt safety in regard to food?

TBRI CORRECTING PRINCIPLES

Practice Outside the Moment

- What are some common situations that tend to lead to behavioral challenges or conflict in your family?
- How could you "practice outside of the moment" to help create a new pattern of behavior or interaction—for both you and your child?

IDEAL Response

- **I** - Immediate (3 seconds or less)
- **D** - Direct (close proximity, gentle eye contact, mindful of tone of voice, "Engagement Strategies")
- **E** - Efficient (correct level of response)
- **A** - Action Based (helping the child learn and accomplish the desired behavior, "try it again," TBRI Behavioral Scripts)
- **L** - Leveled at the Behavior (not the child)
- Which of the IDEAL elements do you typically do well?
- Which do you struggle with and why? What are some specific ways you can become more "efficient" in how you respond to your child's needs and behavior?

Re-Do

- What behaviors does your child exhibit that might be engaged by a "re-do?" Discuss how you could use the "re-do" strategy to address the behavior.
- Why is it sometimes difficult to offer children "re-dos?"

Activities

ICE BREAKER ACTIVITIES

Starburst Game

1. Break the group up into the corners of the room according to their favorite Starburst color.
2. Have each color answer the following questions:
 - Red - The best trip you have ever been on or a dream vacation
 - Yellow - Interesting fact about you or a hidden talent
 - Orange - Your theme song or your favorite genre of music
 - Pink - A bucket list item you want to check off or a bucket list item you've already checked off

Alliteration Favorites

1. Go around the circle and say your name along with one of your favorite things that starts with your letter.
2. The group repeats it. (Ex. "I'm Anna, and I love apples!" and the group says "This is Anna, and she loves apples!")

CALMING ACTIVITIES

The sympathetic nervous system prepares the body for the "fight or flight" response during any potential danger. The parasympathetic nervous system inhibits the body from overworking and restores the body to a calm and composed state.

Magic Mustache

1. Press the index finger up against the upper lip like a mustache.
2. Count to five. The upper lip is a parasympathetic pressure point, so this provides a calming input.

Cool the Soup

1. Cup hands together in front of your face as if you are holding your favorite bowl of steamy soup.
2. Smell the soup through a long inhale through the nose then blow the soup via a long extended exhale out of the mouth.
3. Repeat several times.

Push Down the Wall

1. Find a sturdy wall, and try to "push it down" with your hands. This provides deep pressure-calming proprioceptive input.

Square Breathing

1. Visually locate a square in the room. No need to be near the square, just find it visually.
2. Hold a finger up in the air toward the square.
3. As you visually trace the square, count in the following way:
 - a. Trace across the top from left to right: Inhale for a count of 4.
 - b. Trace down from top to bottom: Hold for a count of 4.
 - c. Trace across the bottom from right to left: Exhale for a count of 4.
 - d. Trace from bottom to top: Hold for a count of 4.
 - e. Repeat as needed to calm.

Activities

REGULATION ACTIVITIES

Below are activity ideas to teach and practice the concept of regulation. The primary goal with the following activities is to get the group's engine into the "red" and then do a calming activity to get them back into the "green."

Cotton Ball War (Supplies: masking tape and cotton balls)

1. Use masking tape on the floor to divide the room into two sides.
2. Dump an equal number of cotton balls on each side, using the entire bag.
3. When you say "GO," the teams throw cotton balls across the masking tape line.
4. When you say "STOP," count how many cotton balls are on each side.
5. The team that has the fewest cotton balls left on their side wins.

Fruit Basket Turnover (Supplies: chairs)

1. Have participants sitting in a circle in chairs.
2. Give each participant a fruit name (strawberry, kiwi, banana, etc).
3. One person in the middle yells the name of a fruit, and anyone with that fruit name must get up and switch seats, while the person in the middle tries to steal a seat.
4. The goal is to find a seat or else you are in the middle.

Activity Ideas for Virtual Hosting

- Change your background to a picture or place that represents how you are feeling as you process content.
- Create hand signals to respond to other participants' thoughts and insights as they share (i.e. applause, thumbs up, etc.).
- Adjust the Starburst game by having each participant write down the color he or she chooses and share with the group. Then, ask the questions and have participants respond to the color they wrote.
- Rose, Thorn, Bud: Have everyone in the group share his or her "rose" (something for which he or she is thankful), a "thorn" (a challenge he or she is dealing with), and a "bud" (something he or she is currently looking forward to).

Reminders

Below are a few things to keep in mind as you begin your viewing schedule.

- Contact Show Hope at hopeforthejourney@showhope.org.
- Think of Hope for the Journey as "Choose Your Own Adventure." You can choose to stop and start the sessions before and after breaks as your group needs.
- Have certificates of training for adoptive and foster parents available at the end of the last session.
- Any resources mentioned during the event are likely included on the [Resources page](#). (If not, please contact us at hopeforthejourney@showhope.org.)
- Past audio recordings are available within the platform.
- Although the Hope for the Journey TBRI Application Guide will not contain presentation slides, the majority of slides will be available within the platform or on [Show Hope's Hope for the Journey Resources page](#).

After the Conference

Our sincere hope is that the Hope for the Journey resource is the beginning of new relationships and opportunities in your community. The doors that open can vary greatly and may be different than what you had in mind. We encourage you to explore the opportunities that are presented and meet the specific needs of the families around you.

Hope for the Journey is considered an exploratory resource into TBRI. Both Empowered to Connect and the KPICD offer additional training opportunities in TBRI for parents and professionals. Please visit empoweredtoconnect.org for more information. To view a list of professionals trained in TBRI or to find details about the TBRI Practitioner process, visit child.tcu.edu. Grants are available for multiple professional trainings each year. To be added to the interest list, please email tbri@showhope.org.

Another option is to begin meeting regularly with families who need to know they are not alone on their journeys. You can also consider hosting book discussions with families in your community. A list of recommended resources is available [here](#). The "Created to Connect" study guide is ideal for group study. The Empowered to Connect website also features a [parent discussion guide](#) for "The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind."

Important Forms

1. Certificate of Completion for Adoptive and Foster Parents PDF
2. Evaluation Form (Participants can fill out via the [Resources page](#).)