42 Ways to Build Resilience

(Taken from the Resilience Trumps ACEs Poster and Card Games Developed in Walla Walla, <u>www.ResiliencetrumpsACEs.org</u>)

Resiliency Skills

- Showing empathy
- Critical thinking skills
- Helping appreciate cultural & ethnic heritage
- Sense of belonging
- Learning to accept help
- Hope
- Trust
- Sense of Belonging
- Learning Responsibility
- Teach Self Discipline
- Establish Consequences
- Model Problem Solving
- Sharing Something Important
- Accept Ownership for Behavior
- Work as a team
- Learn to show appreciation
- Master a Skill
- Assign a Responsibility
- Sense Triggers that create negative behavior

- Develop Communication Skills
- Helping a Friend
- Allowing Experience of Success or Failure
- Respect ability to make decisions
- Model appropriate behavior
- Learning to ask for help
- Acknowledge when you are wrong
- Learn to self advocate
- Give back to community
- Giving a choice
- Ability to Calm Self
- Verbally say "I love you"
- Express Feelings
- Experience Success
- Develop Friendships
- Develop Self Esteem
- Attach to Caring Adult
- Learn to Solve Problems

Specialized Resilience Skills for Parents

- Letting Child Know you are Available for Help
- Family Meetings
- Help a Child Learn to Express Feelings
- Clear Rules and Expectations
- Help child develop problem solving skills

Circle Skills that You Have Now Tell A Story of How You Have Used This Skill

Event Type	Related Resilient Skills That May Be Helpful	
Emotional Abuse	Showing Empathy	
	Developing Self Esteem	
	Developing a Sense of Control	
	Developing Friendships	
Physical Abuse	Attachment to Caring Adult	
	Developing Self Esteem	
	Learning to ask for help	
	Expressing Feelings	
	Learning to Self-Advocate	
Sexual Abuse	Норе	
	Sense of Control	
	Learning to Solve Problems	
	Trust	
	Caregivers who let youth know they are available to	
	help	
Physical Neglect	Learning to ask for help	
r nyolour rogroot	Expressing Feelings	
	Developing Self Esteem	
	Developing Sense of Control	
	Hope	
Emotional Neglect	Attachment to Caring Adult	
Emotional Wegleet	Sense of Belonging	
	Ability to Calm Oneself	
	Expressing Feelings	
Separation/Divorce Caregiver	Attachment to Caring Adult	
Separation/Divorce Caregiver	Sense of Belonging	
	Ability to Calm Oneself	
	Expressing Feeling	
Witnessing Family Violence	Sense of Belonging	
withessing rainity violence	Learning to ask for help	
	Trust	
	Appreciating Heritage	
In concernation of Family Member	Critical Thinking Skills	
Incarceration of Family Member	Attachment to Caring Adult	
	Trust	
	Developing Self Esteem	
Manubaranth Martal Hashill Chill	Verbally being told "I love you"	
Member with Mental Health Challenge	Attachment to Caring Adult	
	Learning to Express Feelings	
	Developing a sense of control	
	Hope	
Family Member with Substance Abuse Challenge	Developing Friendships	
	Developing Sense of Control	
	Expressing Feelings	
	Developing Self Esteem	

Behavior Wheel Work "Responding to the Needs, not Reacting to the Behavior"

At- Risk Health Behaviors

Health Coping Behaviors with New Strategy

4

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Circle Skills You Want to Build

RESILIENCE SKILL	Resources Needed to Build/Practice	Time Period You Want to Start Building This Skill

RESOURCES

Resilience Trumps ACEs Store

Can purchase Cards or Posters

https://shop.opendoorcommerce.com/resiliencetr umpsaces/56-teaching-tools