

42 Ways to Build Resilience

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

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	Hope 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 Expressing Feelings Developing Self Esteem Developing Sense of Control Hope
Emotional Neglect	Attachment to Caring Adult Sense of Belonging Ability to Calm Oneself Expressing Feelings
Separation/Divorce Caregiver	Attachment to Caring Adult Sense of Belonging Ability to Calm Oneself Expressing Feeling
Witnessing Family Violence	Sense of Belonging Learning to ask for help Trust Appreciating Heritage Critical Thinking Skills
Incarceration of Family Member	Attachment to Caring Adult Trust Developing Self Esteem 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

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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/resiliencetrumpsaces/56-teaching-tools>