42 Ways to Build Resilience
(Taken from the Resilience Trumps ACEs Poster and Card Games Developed in Walla Walla, www.ResiliencetrumpspACEs.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
<table>
<thead>
<tr>
<th>Event Type</th>
<th>Related Resilient Skills That May Be Helpful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional Abuse</td>
<td>Showing Empathy, Developing Self Esteem, Developing a Sense of Control, Developing Friendships</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>Attachment to Caring Adult, Developing Self Esteem, Learning to ask for help, Expressing Feelings, Learning to Self-Advocate</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>Hope, Sense of Control, Learning to Solve Problems, Trust, Caregivers who let youth know they are available to help</td>
</tr>
<tr>
<td>Physical Neglect</td>
<td>Learning to ask for help, Expressing Feelings, Developing Self Esteem, Developing Sense of Control, Hope</td>
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<tr>
<td>Emotional Neglect</td>
<td>Attachment to Caring Adult, Sense of Belonging, Ability to Calm Oneself, Expressing Feelings</td>
</tr>
<tr>
<td>Separation/Divorce Caregiver</td>
<td>Attachment to Caring Adult, Sense of Belonging, Ability to Calm Oneself, Expressing Feeling</td>
</tr>
<tr>
<td>Witnessing Family Violence</td>
<td>Sense of Belonging, Learning to ask for help, Trust, Appreciating Heritage, Critical Thinking Skills</td>
</tr>
<tr>
<td>Incarceration of Family Member</td>
<td>Attachment to Caring Adult, Trust, Developing Self Esteem, Verbally being told “I love you”</td>
</tr>
<tr>
<td>Member with Mental Health Challenge</td>
<td>Attachment to Caring Adult, Learning to Express Feelings, Developing a sense of control, Hope</td>
</tr>
<tr>
<td>Family Member with Substance Abuse Challenge</td>
<td>Developing Friendships, Developing Sense of Control, Expressing Feelings, Developing Self Esteem</td>
</tr>
</tbody>
</table>
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
<table>
<thead>
<tr>
<th>RESILIENCE SKILL</th>
<th>Resources Needed to Build/Practice</th>
<th>Time Period You Want to Start Building This Skill</th>
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RESOURCES

Resilience Trumps ACEs Store

Can purchase Cards or Posters

https://shop.opendoorcommerce.com/resiliencetrumpsaces/56-teaching-tools