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
<table>
<thead>
<tr>
<th>Event Type</th>
<th>Related Resilient Skills That May Be Helpful</th>
</tr>
</thead>
</table>
| 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
<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