

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
- Developing Critical Thinking Skills
- Appreciating cultural & ethnic heritage
- Creating a sense of belonging
- Learning to accept help
- Developing Hope
- Developing Trust
- Learning Responsibility
- Practice Self Discipline
- Experience Success
- Model Problem Solving Skills
- Accept Ownership for Behavior
- Working as a team
- Learning to Solve Problems and Make Decisions
- Master a Skill
- Sense Triggers that create negative behavior
- Setting Clear Expectations and Boundaries
- Thinking ahead about consequences before acting
- Creating a Sense of Control
- Sharing something important
- 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
- Acknowledging when I am wrong
- Learn to self advocate
- Give back to community
- Developing Ability to Calm Oneself
- Verbally say “I love you”
- Express Feelings
- Develop Positive Relationships
- Developing Friendships
- Developing Self Esteem
- Connecting with Others’ Feelings
- Feeling empowered to ask questions and share my ideas
- Letting others know I am available to help
- Making thoughtful choices
- Learning to show appreciation
- Following through on tasks
- Developing a Growth Perspective

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