

A,B,C'S OF RESILIENCE

A = Anchored yet Adaptable	N = Nurtured and Nourished
B = Body in motion	O = Overcoming Obstacles
C = Creative Expression	P = Play & Playfulness
D = Doing for Others	Q = Questions & Curiosity
E = Efficacy & Control	R = Relationships & Connections
F = Future Goals	S = Self-Care & Stress Management Skills
G = Gratitude	T = Tools for Problem-Solving
H = Hope	U = Unity with Community & Culture
I = Identity, Sense of Self	V = Vision & Purpose
J = Joy	W = Worth & Self-Esteem
K = Knowledge & Competence	X = eXamination & Reflection
L = Listening for Understanding	Y = Yes I can mindset
M – Managing Emotions	Z = Zest for Life

Collaborating to Create Stress Balls Instructions

1. Each partner selects the balloon and filler desired (“try out” the samples provided to get an idea which one you will like best)
2. Work together to create 2 stress balls, one for each
3. While working discuss what you have heard, felt or thought about today that may be useful going forward or that you would like to further reflect upon
4. Blow lightly into each balloon, not to fill but just to expand and loosen a little
5. Secure the balloon to the end of the cut-off water bottle
6. Fill with desired filling material
7. Add scent if desired
8. Remove from water bottle and tie



S.O.D.A.S. Method of Problem Solving

Description: S.O.D.A.S. is an acronym for a simple problem-solving method that is easy for children and youth to learn, understand and use. It can be effectively taught using role playing, applying it to situations children and youth see characters facing in television programs or through written exercise. It is often best understood when a child or teen uses it immediately after being involved in a situation in which they got into trouble or faced an outcome that they were not happy with.

S = Situation – Describe in your own words

O = Options – Suggest listing 3 or more, including the one that didn't work out

D = Disadvantages – For EACH option

A = Advantages – For EACH option

S = Solution – What I will try or do differently next time

Describe the Situation

OPTIONS	Disadvantages	Advantages

Solution? What will I try next time I face this situation:

Questions to Build Resilience

I. Use your 5 Senses for Challenges and Supports

Look around – What do I see that could be a problem or challenge?
 What do I see that could be a source of strength or support?
Repeat with other senses: hearing, touch/temperature/movement, smell

Example, “I see shininess on the road – it could be slippery. I see a safer path on the other side of the street.”

II. 3 “If... Then...” scenarios

If _____ happens, what are my three options for what to do next?

III. Describe a time when

- “I achieved better than I expected” vs. “I didn’t achieve as well as I hoped”
- “I took a risk in developing a new approach” vs. “I did it safely, knowing it was within my comfort zone.”
- “I worked hard and applied myself” vs. “I could have put in more effort”
- “I adjusted and adapted as I progressed through something” vs. “I stuck to the plan”
- “It was all my own idea” vs. “I used other resources to help me”
- “I understood what I was expected to do” vs. “I wasn’t clear about the task”
- “I was pleased with the final outcome” vs. “I was not pleased with the final outcome”

IV. What? So What? Now What?

What? Describe the situation, practice observation, active listening

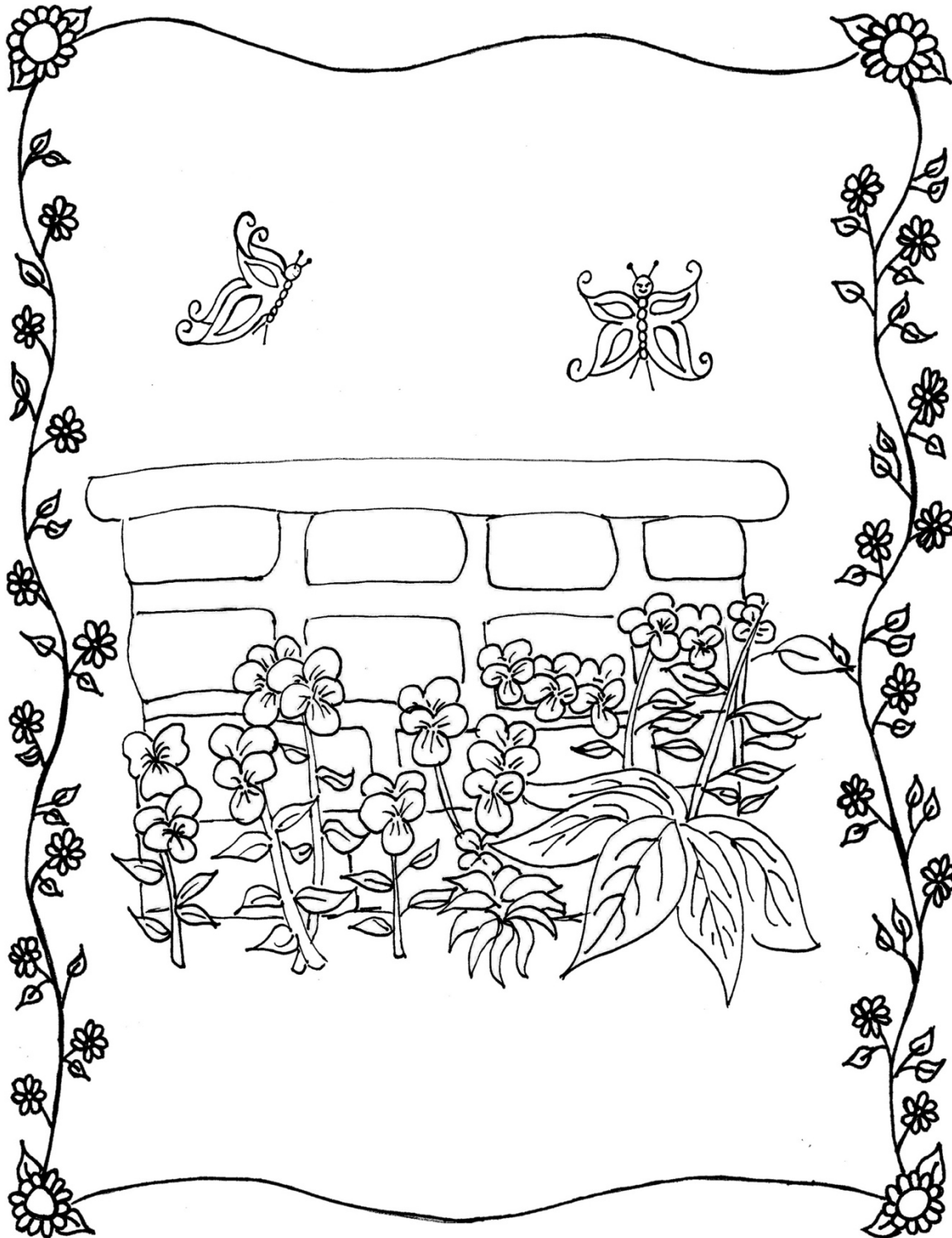
So What? Why does it matter? How does it make you feel? What can you learn from it?

Now what? Action steps – what will I do now? What can I do next time?

V. Being a Detective

- The who, what, when, where leading up to my last obstacle or challenge
- Has this problem occurred in some circumstances but not in others? (for example “When I am called a name in a group of guys, I laugh it off, but when it is around girls, I get into a fight”
- The who, what, when, where after I overcame an obstacle in the past

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Sample coloring page excerpted with permission from Sue and Chelsea Badeau's book: ***Building Bridges of Hope: A Coloring Workbook for Adults Caring for Children Who Have Experienced Trauma*** (2016) Helping Hands Press. Contact Sue Badeau @ badeaufamily@gmail.com for info or ordering.

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