





- A healthy relationship with an adult who lives with them—feeling  $\Diamond$ unconditionally loved
- Healthy relationships with extended family  $\Diamond$
- Family meals  $\Diamond$
- Reading together/Story telling  $\Diamond$
- Other\_\_\_\_\_  $\Diamond$
- Playing with peers/having a best friend  $\Diamond$
- $\diamond$ Having a trusted adult, other than a parent
- Being members of a civic, cultural, or faith community  $\Diamond$
- Being in a team sport or club  $\Diamond$
- Beliefs/Values/Stories that give meaning to life  $\Diamond$
- Volunteering as a family  $\Diamond$
- Other \_\_\_\_\_  $\Diamond$
- Running/Martial Arts/Ballet/Gymnastics/Yoga  $\Diamond$
- Walking/Hiking/Gardening/Boating/Biking/Fishing  $\Diamond$
- Limiting Screen Time  $\Diamond$
- Mindfulness/Meditation/Prayer  $\Diamond$
- Other  $\Diamond$
- Singing/Dancing/Stomping/Drumming/Rocking/Jogging/  $\Diamond$ Swinging/Trampoline
- Choir/Band/Theatre  $\Diamond$
- Journaling/Art/Writing/Poetry/ A Hobby  $\Diamond$
- Other\_\_\_\_\_  $\Diamond$
- Access to enough healthy food  $\Diamond$
- Safe home with place to play  $\diamond$
- Safe place to play outdoors  $\Diamond$
- Consistent, fair rules in the home  $\Diamond$
- Safe and supportive school  $\Diamond$
- Adequate sleep  $\Diamond$
- $\Diamond$ Other

ACEsAware.org Yamaoka Y, Bard DE. Positive Parenting Matters in the Face of Early Adversity. Am J Prev Med. 2019 Apr;56(4):530-539. Hays-Grudo J, Morris AS. Adverse and Protective Childhood Experiences A Developmental Perspective. American Psychological Association. 2020. Winfrey O, Perry BD. What Happened to You?: Conversations on Trauma, Resilience, and Healing. Flatiron Books. 2021.