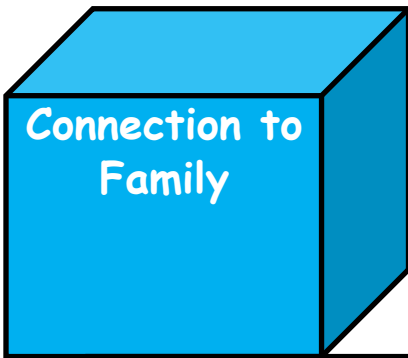


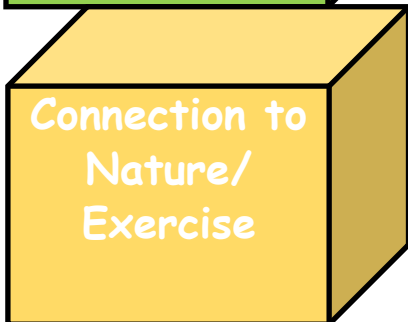
Building Resilient Kids



- ◇ A healthy relationship with an adult who lives with them—feeling unconditionally loved
- ◇ Healthy relationships with extended family
- ◇ Family meals
- ◇ Reading together/Story telling
- ◇ Other _____



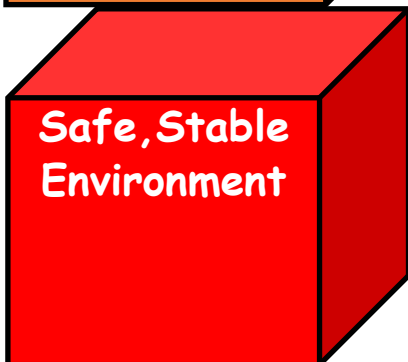
- ◇ Playing with peers/having a best friend
- ◇ Having a trusted adult, other than a parent
- ◇ Being members of a civic, cultural, or faith community
- ◇ Being in a team sport or club
- ◇ Beliefs/Values/Stories that give meaning to life
- ◇ Volunteering as a family
- ◇ Other _____



- ◇ Running/Martial Arts/Ballet/Gymnastics/Yoga
- ◇ Walking/Hiking/Gardening/Boating/Biking/Fishing
- ◇ Limiting Screen Time
- ◇ Mindfulness/Meditation/Prayer
- ◇ Other _____



- ◇ Singing/Dancing/Stomping/Drumming/Rocking/Jogging/Swinging/Trampoline
- ◇ Choir/Band/Theatre
- ◇ Journaling/Art/Writing/Poetry/ A Hobby
- ◇ Other _____



- ◇ Access to enough healthy food
- ◇ Safe home with place to play
- ◇ Safe place to play outdoors
- ◇ Consistent, fair rules in the home
- ◇ Safe and supportive school
- ◇ Adequate sleep
- ◇ Other _____

