





- 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.