

# Building Resilience & Fostering Healing in Kids

## Activities that Build Resilience

- ◇ Family Meals
- ◇ Reading Together or Story Telling
- ◇ Singing
- ◇ Family Outings
- ◇ Playing with Peers, Having a Best Friend
- ◇ Limiting Screen Time
- ◇ Feeling Unconditionally Loved
- ◇ Having a Trusted Adult Other than a Parent
- ◇ Volunteering as a Family
- ◇ Having a Hobby or Creative Activity
- ◇ Being in Organized Group Activity/Sport
- ◇ Member of a Civic or Faith Community
- ◇ Fair Rules in the Home
- ◇ Clean, Safe Home with Food
- ◇ School Provides Education Needed

## Activities that Foster Healing

- ◇ Connection with a Caregiver/Parent
- ◇ Connection with Extended Family/Community
- ◇ Beliefs/Values/Stories that Bring Meaning to Life
- ◇ Spending Time Outdoors/In Nature
- ◇ Exercise
- ◇ Martial Arts/Ballet/Gymnastics/Yoga
- ◇ Singing/Dancing/Rhythm
- ◇ Band/Choir/Theatre
- ◇ Journaling, Art, Creative Writing, Poetry
- ◇ Adequate Sleep
- ◇ Good Nutrition
- ◇ Mindfulness/Meditation Practice or Prayer
- ◇ Mental Health Therapy
- ◇ Medication

## Family Resources

Dial 2 - 1 - 1, Oklahoma Resources for Food, Clothing, Housing, Employment, Physical, and Mental Health , Substance Abuse, Disasters, Education, Transportation, Legal, Parenting, Support Groups

OK 2-1-1 Website with search options — <http://www.navigateresources.net/hlok/>

Youth Crisis Mobile Response; 1-833-885-CARE (2273)

Red Rock Crisis Line; 405-987-ROCK

NorthCare Crisis Line; 405-858-2700

OK Human Services, Adult or Child Abuse and Neglect Hotline; 1-800-522-3511

OK Domestic Violence Hotline; 1-800-522-SAFE (7233)

Teen Dating Violence Helpline; 1-866-331-9474

Substance Abuse Hotline; 1-800-237-6237

Suicide Prevention Hotline; 1-800-273-8255

Self-Injury Support; 1-800-366-8288



\* 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.