

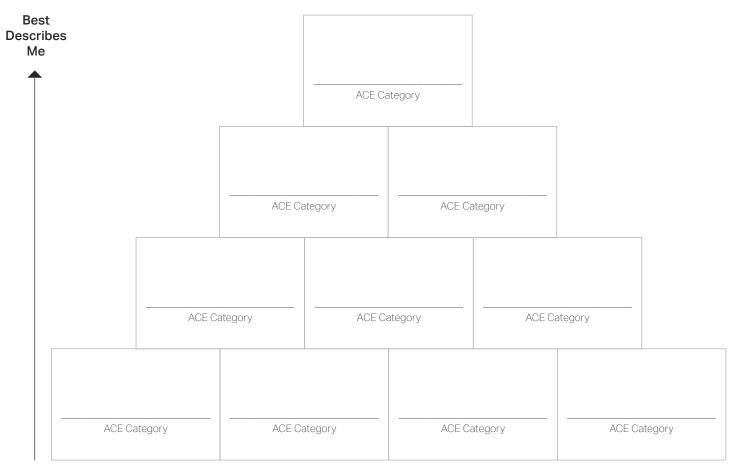
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Supported Figure 1

Activity 1: Determine My Adverse Childhood Experiences (ACEs) Score – Question Cards

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

Observe: Complete the pyramid below with up to 10 Question Cards you identified from the card activity.



Questions to Explore

Evaluate:

- 1. How many ACEs did you identify?
- 2. How would you describe the impact, cost, loss, or harm from your childhood experiences?

Respond:

5. How do your childhood experiences affect you now?

- 6. Who do you look to for help and support today?
- 3. What do you think helped you to endure, survive, or even thrive given your ACE(s)?
- 4. Who was most helpful for you during your childhood? What did they do for you? Explain.

7. What is your major learning or insight from this activity?