



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

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

Best
Describes
Me



ACE Category			
ACE Category		ACE Category	
ACE Category	ACE Category	ACE Category	ACE Category
ACE Category	ACE Category	ACE Category	ACE Category

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?
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.

Respond:

5. How do your childhood experiences affect you now?
6. Who do you look to for help and support today?
7. What is your major learning or insight from this activity?