



## Activity 2: Identify My Adverse Childhood Experiences (ACEs) – Sorting Cards

Visit [R1LEARNING.COM](http://R1LEARNING.COM) to get Discovery Cards and Activity Worksheets

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

Best  
Describes  
Me



<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>			
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 45%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>		<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 45%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>	
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 30%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 30%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 30%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 30%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 20%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 20%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 20%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 20%;"> <hr/><hr/><hr/> <p>Discovery Card Item</p> <hr/><hr/><hr/> <p>ACE Category</p> </div>

### 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?