



### Activity 3: Identify My Resilience Practices

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

**Observe:** Capture your information from the Discovery Cards activity below and answer the Questions to Explore.

**My Resilience Plan**

				<hr/> People, Places, Things, Situations				
ACES	<hr/> ACE Category		<hr/> ACE Category		<hr/> ACE Category		<hr/> ACE Category	
	Resilience Practices		<hr/> Resilience Practice		<hr/> Resilience Practice		<hr/> Resilience Practice	
			<hr/> ME					

### Questions to Explore

Select one of the Emotions & Feelings Discovery Cards above and answer the following questions.

**Evaluate:**

1. What was it like reading and reflecting on your childhood experiences and Resilience Practices? Explain.

2. How do you think these Resilience Practices enabled you to endure, survive, or thrive given your ACE(s)?

3. Who was most helpful for you during your childhood? What did they do for you? Explain.

**Respond:**

4. How do your childhood experiences affect you now?

5. Which Resilience Practices are most helpful for you today? Explain.

6. Who can you ask for help and support?