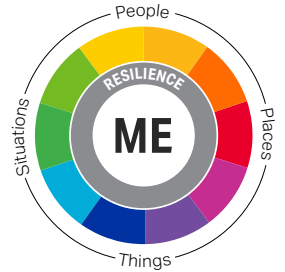




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Activity 4: Explore the Adverse Childhood Experiences (ACEs) Models

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As you think about your understanding of the Models, answer the questions to explore to the right. You can do this activity for both the 1) 10 ACEs Model and 7 Resilience Practices Model.

Questions to Explore

1. How does it help you to know that there is a model describing ACEs or Resilience Practices?
2. What resonates most with you about the model given your own experience?
3. How does this model help you to examine your own childhood experiences and to see how resilient you were/are?
4. How does this model provide insight regarding your ability to endure, survive, and thrive given your childhood experiences?

Adverse Childhood Experiences
How does my childhood affect me now?

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Adverse Childhood Experiences
How does my childhood affect me now?

Abuse
EMOTIONAL
PHYSICAL
SEXUAL

Neglect
EMOTIONAL
PHYSICAL

Household Challenges
INTIMATE PARTNER VIOLENCE
SUBSTANCE USE
MENTAL ILLNESS
PARENTAL SEPARATION OR DIVORCE
INCARCERATED HOUSEHOLD MEMBER

Adverse Childhood Experiences
How does my childhood affect me now?

Resilience Practices

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Adverse Childhood Experiences
How does my childhood affect me now?

Resilience Practices

CONNECTION
EMOTIONAL REGULATION
MEANING IN LIFE
PHYSICAL HEALTH & WELLNESS
POSITIVE OUTLOOK
PROBLEM SOLVING SKILLS
TRUSTED NETWORK