Quick Tips for Kids to Nurture Resilience

**Resilience** is being able to thrive in both good times and hard times. We can grow our resilience at any age.

- **Self-care**
  Sleep, exercise and healthy foods are important ways we care for ourselves.

- **Attachment**
  Time with friends and family is good for our growing minds and bodies.

- **Self-worth**
  We are important not for what we do but for who we are.

- **Feelings**
  Recognizing and naming our feelings helps us to talk about them.

- **Soothe**
  Taking care of ourselves when we are upset helps. Five deep breaths are always great!

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**Relationships Matter**

Friends, family and caring adults including parents, coaches and teachers help us to grow our resilience.

- **Rules**
  Understanding and talking about rules helps us to be safe.

- **Choices**
  Having and making safe choices teaches us about the world.

- **Accountability**
  Mistakes are part of life. Finding the lessons in them helps us to learn.

- **Empathy**
  Thinking about how others feel helps us to have trust and respect for everyone.

- **Belonging**
  Including others builds friendship and community.

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