



MAYO CLINIC
HEALTH SYSTEM

Road to Resilience

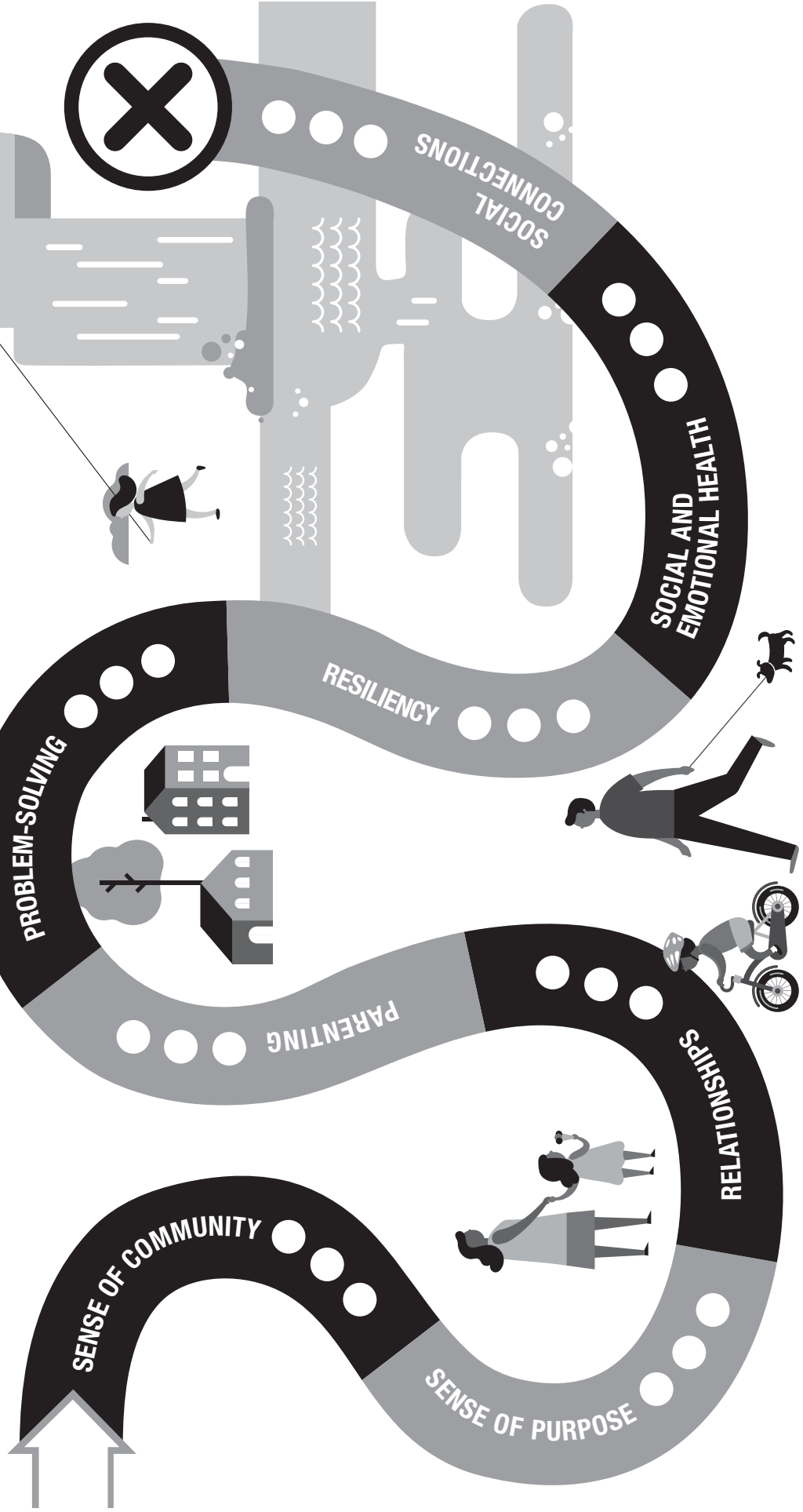


This free, multiweek virtual program is designed to help children build resilience. It takes about six weeks for groups to complete the program. Go to [mayoclinichealthsystem.org/aces](https://www.mayoclinichealthsystem.org/aces) to find resources that you and children can review. You complete activities, watch videos or read content, working through the resources at your own pace. See the back page for full instructions.



Road to Resilience

Visit mayoclinichealthsystem.org/aces
to find the activities for each category



HOW TO PLAY

Your goal is to check off each circle within each category on the game board. You complete the activities at your own pace and in any order.

1. Go to [mayoclinichealthsystem.org/aces](https://www.mayoclinichealthsystem.org/aces).
2. Print a game board, if needed.
3. Explore the toolkits that can guide your conversations.
4. Find the activities for each category.
5. Check off a circle when you complete an activity for the category until you have checked off each circle.
6. Go to [mayoclinichealthsystem.org/aces](https://www.mayoclinichealthsystem.org/aces) to complete a survey to help evaluate the program, after you have completed the game board.

The following outlines protective factors that children will learn more about; these can help buffer the negative effects of adverse childhood experiences. When adults and children have more resources and skills in these areas, they can be more successful.

- Sense of community is a feeling of belonging and a feeling that children matter to one another and the group.
- Sense of purpose is the motivation that drives children toward a satisfying future, including faith, culture and identity.
- Relationships are a healthy way that people behave toward each other and a sense of connection to caring adults.
- Parenting skills and support allow adults to help children become physically and emotionally healthy, productive and successful adults.
- Problem-solving skills and self-regulation provide the ability to find the problem, create possible outcomes and decide on a final solution.
- Resiliency is the ability to recover quickly from disruptive change or misfortune without being overwhelmed.
- Social and emotional health is capacity to explore and learn, and experience and process emotions.
- Social connections are relationships with other people, which are related to well-being and personal happiness, as well as overall health.

RAISING HEALTHY KIDS

Negative events in a child's life, known as adverse childhood experiences, can have lasting effects on long-term health and well-being. Childhood trauma can lead to adult onset of chronic diseases, such as diabetes, heart disease and depression, as well as increased risks of suicide attempts, drug abuse and other social problems.

WHAT ARE ADVERSE CHILDHOOD EXPERIENCES?

The following experiences are considered negative for children:

- Parental divorce or separation
- Incarcerated household member
- Substance misuse within the household
- Depression or other mental illness in the household
- Physical and emotional neglect
- Physical, emotional and sexual abuse
- Mother threatened violently

Adverse childhood experiences occur more commonly than you'd expect. "One in 10 children nationally has experienced three or more ACEs (adverse childhood experiences), placing them in a category of especially high risk," according to Child Trends. The more adverse childhood experiences an individual has experienced, the higher their risk climbs for lasting health impacts.

COMBATING ADVERSE CHILDHOOD EXPERIENCES

While adverse childhood experiences are related to health and behaviors later in life, they guarantee nothing. Adults can provide a strong support system to strengthen a child's resilience. This can help children successfully cope with life's challenges and lessen the consequences of adverse childhood experiences.

This journey is designed to help build and strengthen a child's resilience. These kinds of support tactics help a child cope with adversity and feel safe more quickly after experiencing trauma.