

“My Child Resiliency” Sheet

Imagine a real child sitting in the chair beside you. This child could be a child you currently serve, a child currently in your home, a child who was once in your home, or a child you know from church, your extended family, or your neighborhood.

Child's Age:

- 1) What did you know about the child before you first had a relationship with them?

- 2) What were/are some risk factors that impacted the child's resiliency?

- 3) What are some activities you can do with your child that activates the “seeking” pathway?

- 4) What cultural, religious, and/or spiritual elements may be part of fostering resiliency in your child?

- 5) What are some adaptive factors for the child?

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6) What are some of your child’s strengths?

7) What is an example of a key message for your child?

I HAVE...

I AM....

I CAN...

8) What are some steps you can take to help your child imagine hope?

9) What are some steps you can take to foster family resiliency?