

8. All Roads Lead to Resilience Continued...

#3. Concrete Support in Times of Need

Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis, such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

#4. Knowledge of Parenting and Child Development

Accurate information about child development and appropriate expectations for children's behavior at every age helps parents see their children and youth in a positive light and promote their healthy development. Information can come from many sources, including family members as well as parent education classes and surfing the internet.

#5. Social and Emotional Competence of Children

A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Challenging behaviors or delayed development create extra stress for families, so early identification and assistance for both parents and children can head off negative results and keep development on track.

9. The Wheel of ACEs

Object: To learn about ACEs and Resilience.

Play: Form two teams, with 1 to 5 players per team. The oldest player will go first and spins the wheel. When the wheel stops, the player reads the ACE and selects a resilience card (from the resilience cards stacked face up, to draw from) that buffers that ACE. Player responds and earn 1 puzzle piece. Each team collects their own puzzle pieces until all pieces have been distributed. Then, they work together to assemble the puzzle and everyone is a winner. Working together is a great resilience strategy!

10. Water Toss Resilience Game (no game board needed)

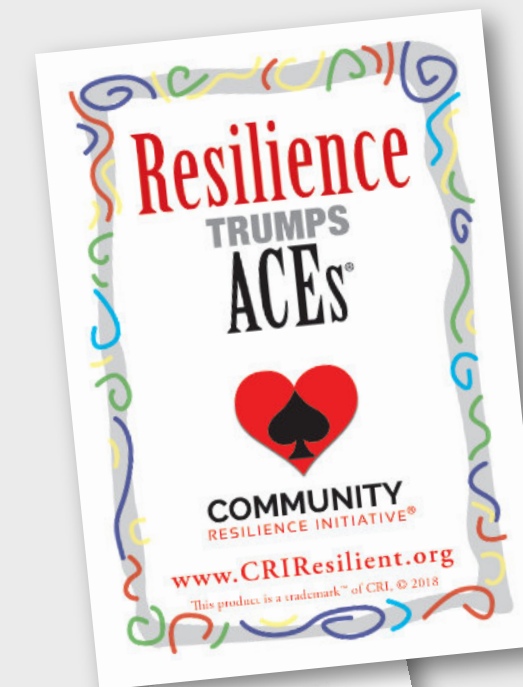
Object: To learn about resilience strategies while gaining points by tossing ping pong balls into cups of water.

Play: Set up 10 plastic cups: 4 in front row, 3 in next row, 2 in next row and finally 1 cup in back. Each cup is half-filled with water. Label each cup with either a resilience card title or ACE card title on back side of cup facing away from player. To begin, players stand about 12 feet away from cups and first player attempts to toss a ping pong ball into a cup. When a player successfully gets a ball in a cup, the ACE or Resilience card on the back of the cup is read aloud, and the player gives an example. If the player can't provide an answer, another player can help with a response. If the player can answer without help, 2 points are earned; asking for help earns 1 point, and help can only be provided twice per game. First player to earn 18 points wins. It is OK to refer to the Handbook if needed!

11. Go Fish Wheel (no game board needed) Deluxe Game Kit Only

Object: To learn about ACEs and Resilience strategies, evidenced by the most pairs of cards.

Play: Two decks of Resilience Trumps ACEs cards are used. Remove the ACE cards and the Author Credit card and set aside. Combine the resilience cards from the two decks and shuffle. Each player is dealt 7 cards, and the remainder are placed face down in a pile. Check hand and pull out any pairs. Each player asks any other player for a specific resilience card. If the player asked has the matching resilience card, the card is relinquished and player continues asking for additional resilience card. If the opponent has no resilience card, they report "Go Fish". The player then draws the top card from the draw pile. If a matching card is drawn from the pile, then the player goes again. However, if a match is created after play resumes, another play is not awarded. Player with the most pairs wins.



Resilience Games Instruction Booklet

Instructions for Resilience Trumps ACEs® games, using the Resilience Trumps ACEs playing cards

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Deluxe Game Kit and/or Original Game Kit Instructions

Thank you for your purchase of either the **Deluxe Game Kit** or the **Original Game Kit**. The only difference in the two kits is the use of 2 Resilience Trumps ACEs Decks of Cards required to play the additional game "Go Fish" in the Deluxe Game Kit. Otherwise, the kits are identical, with all the materials you will need to play either the 11 games (Deluxe) or 10 games (Original). Remember, 2 additional games are described in the Handbook which accompanies the Resilience Trumps ACEs Deck of Cards.

These games were created by students from our local alternative high school, under the leadership of outstanding special education teachers and staff. After spending the school year studying brain development, ACEs, and resilience, they culminated their studies by designing these unique games, each utilizing the Resilience Deck of Cards and "All Roads Lead to Resilience" (page 8-9 of this handbook where the 5 Protective Factors for a healthy family are depicted as "road signs" on life's journey). Congratulations to the students for their unique gifts and their interest in sharing their learning experience with all of us!

1. Resilience Trumps ACEs

Object: To learn about the resilience building blocks and how they help buffer ACEs.

Play: Requires at least 3 players. Select a judge by the roll of a die, highest number is the judge. The judge deals 5 resilience cards to each player who keeps the cards hidden from other players. Remaining resilience cards are placed face down in one pile. All ACE cards go in a separate pile face down. The judge picks an ACE card from the pile and reads it aloud. Each player picks a resilience card from their hand that they feel this judge would choose and lays it face down. (Note: Player picks a new resilience card after they lay down a card.) The judge reviews the selected resilience cards and reads each one aloud without acknowledging whose card it is. The judge picks the resilience card he feels best buffers the ACE card and explains why. The player with the most resilience cards picked by the judge wins. (This game is modeled on the popular game "Apples to Apples"™.)

2. Resilience City

Object: To defeat ACEs and move through Resilience City.

Play: Player with the highest die score goes first. Each player draws 5 resilience cards and maintains five cards in the hand throughout the game. Play begins by moving the player's piece the number of squares indicated by roll of the die. If a player lands on an ACE, a resilience card is played against that ACE (player's choice as to which resilience card is the best fit, with an explanation of why). If the player doesn't have an appropriate resilience card for the ACE landed on, draw additional card(s) until satisfied with the choice/match. Note the "even" and the "odd" paths: roll a die and follow appropriate path based on whether a roll results in even or odd number. First person to maneuver through the city wins.

3. Resilience Wins!

Object: To teach that problems are universal, and help can be found to develop resilience.

Play: Maximum of four players. To begin, spread out the 10 ACE cards face up. Each player chooses a marker; Use a die to determine moves. When a player lands on an unmarked space, they select a resilience card and match it to one of the 10 ACE cards. (The guide on pages 10-11 of the handbook gives some suggestions, but each player will decide what fits best for them – there is no right or wrong answer- you choose the card based on your own experience). When a player lands on an "A" (for ACE) space, they pick a resilience card (again referring to the guide on pages 10-11) to block the selected ACE. Matching the appropriate resilience card to the ACE card earns 2 spaces forward. If a player lands on a "?" space, choose either an ACE or resilience card and explain that card. The first player to get to the finish line wins.

4. The Game

Object: To learn about resilience strategies.

Play: 2-4 players. Place the ACE cards in the ACE box and the Resilience cards in the R box. Begin play at start. Roll a die to start. If player lands on an "A" (ACE), pick an ACE card and move back 2 spaces. If a player lands on an "R" (resilience) pick a resilience card, move forward 2 spaces and explain the resilience card in your own words. If player lands on a "JA" (ACE Joker), switch places with another player. If play lands on "JR" (Resilience Joker), move to the next "JR". The first player to reach the finish block wins the game.

5. Resilience Rainbow

Object: To learn resilience vocabulary and the ability to express a strategy to life experience.

Play: This game uses only the 42 Resilience cards. Youngest player starts the game. Players take turn rolling a die and moving those number of spaces. When a player then lands, he/she selects a Resilience card and verbally describes that card to team players (either its definition, or what that strategy has meant to the player based on life experience). If a player is not able to describe the strategy, the player to the right has the chance to do so. If successful, that player gets an extra roll of the die. There are five spaces with an arrow pointing backwards, so follow those instructions. There are 10 spaces marked with an arrow pointing forward, so follow those instructions too. First player to the finish wins the Resilience Rainbow game.

6. Battle with Resilience!

Object: To learn about resilience and ACEs and to learn to buffer ACEs through resilience strategies.

Play: Choose a dealer by roll of the die - highest number is chosen. The dealer gives 5 Resilience cards to each player. The remaining resilience cards are placed in a draw pile, face down. ACE cards are placed in a separate pile, face down. The dealer picks an ACE card from the ACE pile, reads it aloud and places it face up. Players select from their hand the resilience card they feel best fits the ACE card and slaps the resilience card down as quickly as possible. The first player to slap down their card gets the opportunity to explain, in their opinion, why they picked the resilience card they did. The dealer approves or argues the selected card. If the dealer does not support that resilience card, then the next player, who was second in slapping the card down, has the opportunity to defend that choice. The dealer presents the ACE card to the player with the best resilience explanation. The player with the most cards wins. This game is based on the card game Slapjack.

7. Inca Boo Ra-Ah

Object: To become familiar with resilience strategies and their definitions while maintaining a block tower.

Play: Use the 12 Jenga™ blocks provided. Build 4 levels, with 3 blocks in each level, changing the orientation of the blocks with each level. Roll die to determine first player, highest number starts. Draw a Resilience card, read it and give an example of what the card means (if needed, refer to definitions in handbook, pages 12-25 but try to use a personal example). Pull a block out from the tower with each play. Stack the removed block on top of the structure with each play. The player that knocks down the tower is eliminated from game. Continue play until one player remains with a standing tower.

8. All Roads Lead to Resilience

Object: To learn about Protective Factors (Center for the Study of Social Policy's Strengthening Families Framework™ and how resilience strategies apply to these factors.)

Play: In this game, the five Protective Factors from CSSP are shown as Road Signs to Healthy Families. Using the 42 resilience cards, try to distribute the cards by the Road Sign for each Protective Factor. This builds a working knowledge of both Protective Factors and how the 42 resilience strategies apply to creating healthy families. Parents can play this game as solitaire, by matching a strategy to a Road Sign while quietly reflecting on how to build additional resilience skills in to your life. In working with a child, the parent could help describe Protective Factors, and how the family can incorporate strategies they may not currently be utilizing within their family.

Here is a snapshot of each Protective Factor:

#1: Parental Resilience

A parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from all types of challenges that emerge in every family's life. It means finding ways to solve problems, building and sustaining trusting relationships, including relationships with your own child, and knowing how to seek help when necessary.

#2. Social Connections

Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Networks of support are essential to parents and also offer opportunities for people to "give back," an important part of self-esteem, as well as a benefit for the community. Isolated families may need extra help in reaching out to build positive relationships.