



If you have not purchased the Deluxe or Standard Games Kit with the accompanying games and supplies to help teach the 42 strategies, here are a few suggested ways to use the deck of cards on its own. With a bit of experience, you will likely see other creative ways to use the cards, based on your audience, the setting (group or individual) and their familiarity with the ACE Study and/or resilience strategies as protective factors in creating a healthier life style.

1. Resilience Solitaire/Personal Reflection: Review the ACE cards to reflect on the environment in which your family or origin experienced. Review the 42 Resilience cards to get familiar with them. Select 5 that helped you through your own personal experience. Now select another 5 that you wish you had had, or that you now wish to bring into your life. Reflect on your childhood experiences, and then that of your children, if you are a parent. The first step in moving forward is being aware of the experiences that created your history, to then choose to build in additional strategies that this new awareness brings to us. Ask yourself, "Which did I grow up with? Which do I wish I knew more about? Which can I work on now? Which would make a difference in my life/ in my child's life?"
2. Select an ACE card you may have experienced. Select a number of Resilience strategies that could now support the sense of Safety, Connection and Learning on which our work focuses. Think about building in new strategies!
3. If in a group setting (ie, parent support group) have someone read a description of one of the Resilience cards out loud and describe their experience with that strategy. This gives the opportunity for group discussion/ exploration of new strategies.
4. Another example to share is using the strategies as they relate to employment and work. One of our instructors uses them in his adult carpentry class, because he sees many men who don't have the soft skills required for employment, thus he teaches/uses the resilience strategies to help them gain a better understanding of their ability to regulate, communicate and maintain/develop working skills. He also has them journal about that strategy. This is a great example of adapting the cards to selected audiences. The same activity could be used in a school setting or counseling session too.
5. Mental health providers report they find the cards helpful in evaluating a client's thoughts on a growth mindset vs a fixed mindset, and how to broaden the shift in those negative inner narratives telling us we are "less than" and building hope, confidence, mastery and a sense of the future (those 4 are foundational in the research on resilience).
6. Another idea is to use a Protective Factor framework (such as the Strengthening Families Framework <https://www.cssp.org/>). Adults place resilience strategies under the categories to build their own toolkit for each. This is a great way to teach protective factor thinking too, and explain protection vs risk in our daily lives.
7. Dimensions of resilience are built around safety, inner strengths and mastery/hope. See our reports [Resilience](#) for more information on this. We appreciate the three circles (I Have, I Am, I Can) created by Edith Grotberg, PhD that connect external support, personal strengths and social/life skills respectively to resilience dimensions. We sort the Resilience cards to her circles as an activity to emphasize how we build the skills for success at both the individual and the community level.

Please contact me at 509-301-2488 if I can be of further help. Do check out the Deluxe or Standard Games Kits for games created by our local high school students, they expand usage of the cards!

www.criresilient.org