



The Resilience Scale:
Negative Experiences vs. Positive Supports

The Resilience-Building Capacities

Resilience is a set of skills and capacities that help children adapt to challenging circumstances. Children develop those skills and capacities under the guidance of caring adults and other social supports. By cultivating responsive relationships, providing safe and supportive resources, and nurturing internal coping skills, we can create optimal conditions for children to weather life's adversities.

Demonstrating Altruism



Act for the benefit of your family,
friends, and community.

Supporting Curiosity and Motivation



Be curious about the world around you
and motivated to learn.

Forming Self-Identities



Have a strong sense of who you are
and develop confidence.

Developing Strong Relationships



Form strong connections
with people who can support you.

Engaging in Flexible Thinking



Welcome new information and ideas
and think creatively.

Resilience Booklet Instructions

1. After printing out the template, cut along the top and bottom dotted lines to remove the extra page space.
2. Hold up the template so that the front cover, "The Resilience Building Capacities," appears on the right side.
3. Fold the bottom half of the template behind the top half (horizontal fold). You should now be left with four visible sections.
4. Cut along the visible middle dotted line (you should be cutting from the bottom to the direct center).
5. Fold the left side behind the right side (vertical fold). You should now be left with two visible sections.
6. Fold the top half behind the bottom half (horizontal fold). You should now be looking at the front cover, "The Resilience Building Capacities."
7. Open the booklet to read—once you have reached the "Supporting Curiosity and Motivation" capacity, you can open the booklet from right to left to learn about the rest of the capacities!