

The Resilience Framework

| Resilience Capacities & Skills | | Supportive Relationships | Self-Identity | Curiosity and Motivation | Flexible Thinking | Altruism |
|--------------------------------|--|--------------------------|---------------|--------------------------|-------------------|----------|
| EMOTIONAL SKILLS | Building Self-Awareness and Confidence | • | • | • | | |
| | Recognizing Emotions | • | • | | • | |
| | Managing Emotions | | • | | • | • |
| | Empathizing | • | • | | | • |
| SOCIAL SKILLS | Respecting Others | • | | • | • | • |
| | Working Collaboratively | • | | | • | • |
| | Asking for and Receiving Help | • | • | | • | • |
| | Perspective-Taking | • | | • | • | • |
| COMMUNICATION SKILLS | Communicating Effectively | • | • | • | • | • |
| | Active Listening | • | • | • | • | |
| | Storytelling | • | • | • | • | • |
| | Reframing | • | | • | • | • |
| EXECUTIVE FUNCTION SKILLS | Making Decisions | | • | • | • | |
| | Developing Persistence | | • | • | • | |
| | Solving Problems | • | | • | • | • |
| | Looking Forward | | • | • | • | |