

Lesson 1c- Where's the Hope?

What is Resilience?

How is Resilience
Developed?



Protective Factors/Positive Childhood Experiences

What Resilience is NOT

Sources Used in Lesson 1c:

- National Scientific Council on the Developing Child. (2015). *Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience: Working Paper 13*.
<http://www.developingchild.harvard.edu>
- Centers for Disease Control and Prevention. (n.d.). Risk and protective factors. Centers for Disease Control and Prevention. <https://www.cdc.gov/aces/risk-factors/index.html>
- Ep 2 - The Hope is in Resilience, Regulated & Relational Podcast, May 2021
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-2-The-Hope-is-in-Resilience-e11ia9l>



REFLECTION QUESTIONS

1. Since resilience is grown through repeated opportunities to handle tolerable stress, what can you do to support children through these stressful situations?

2. Why are faith, culture and community traditions considered a protective factor? What challenges does this present in today's society?

Additional Resources:

- Ep. 2 - The Hope is in Resilience, Regulated & Relational Podcast, May 2021.
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-2-The-Hope-is-in-Resilience-e11iagI>
- Souers, K., & Hall, P. A. (2016). Fostering resilient learners: Strategies for creating a trauma-sensitive classroom. ASCD.
- Masten AS, Barnes AJ. Resilience in Children: Developmental Perspectives. Children (Basel). 2018 Jul 17;5(7):98. doi: 10.3390/children5070098. PMID: 30018217; PMCID: PMC6069421

