

ABCs of Resilience

What are some ways you would describe a rubber band?

Think of a person you know who has faced many challenges and misfortunes. Write some positive words that describe that person. Try to think of a word for each letter of the alphabet!

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

These characteristics are examples of inner strengths, called **“Within Protective Factors.”**