

ROAD TO RESILIENCE

Elementary Toolkit



Raising healthy and happy kids is important. This youth journey is designed to help you build and strengthen a child's resilience. You will learn how to help a child feel safe more quickly after experiencing stress, adversity, failure, challenges or trauma. Resilience is not something that youth have or don't have. Resilience is a skill that youth develop as they grow.

This toolkit can help you facilitate conversation around the program content and activities. The greatest learning comes from the conversation you hold related to each activity. Feel free to use these conversation starters or come up with your own. Program resources are found at [mayoclinichealthsystem.org/aces](https://www.mayoclinichealthsystem.org/aces). You also can expect a weekly email to keep you on track and provide further learning.

Program Activities

DO — Conduct the activities as they fit in your classroom. When the suggestion is a community-based activity, adapt it to the opportunities at your school, such as keeping up your school's garden, helping with the trash or completing a deep clean of the classroom. Have a group conversation about each activity using some of these suggested ideas:

BEFORE

- Say: Today, we are going to do [ACTIVITY]. Explain the activity.
- Ask: Why do you think we are doing [ACTIVITY]?

AFTER

- Ask: What did you think about [ACTIVITY]?
- Ask: How did [ACTIVITY] make you feel?
- Ask: How can you do something like [ACTIVITY] in your life?
- Say: Explain how [ACTIVITY] provides value for their mental well-being.

READ — Review the content to expand your knowledge on issues facing your students/youth. Invite the students to read the content if you choose. Have a conversation about the reading using these example prompts:

- Say: Today I/we read an article about [TOPIC]
- Say: I learned [point out highlights].
- Ask: Have you ever heard about [TOPIC]?
- Ask: How does [TOPIC] make you feel?
- Ask: How can you use this information in your life?
- Say: Explain how the [TOPIC] provides value for their mental well-being.

WATCH — View the video before you share it with your class to be sure you feel it is age appropriate. Have a conversation about it as a group using these example prompts:

- Say: Today we're going to watch a video about [TOPIC].
- Ask: What did you think about the video?
- Ask: How did the video make you feel? Why?
- Ask: Did you learn anything new? What?
- Ask: If that was your friend, what could you do to help your friend?
- Ask: If that was you in that situation, what could you do to help yourself?
- Say: Explain how the [WATCH] provides value for their mental well-being.

Overall

- Consider role playing scenarios you discuss as a group.
- Feel free to share the weekly emails you receive through the program with parents. Simply forward them if you'd like.
- Email the parents on your own; send links about the skills you are working on and encourage them to participate at home.

Disclaimer: The goal of the program is to educate youth. It is possible that some resources may trigger anxiety or unpleasant memories for some participants. Contact a health care provider or law enforcement if discussing a topic uncovers unresolved issues or abuse. If any participant is considering suicide, call the National Suicide Hotline at 1-800-273-8255 (toll-free).