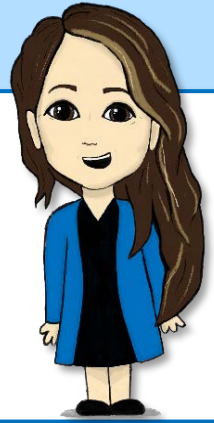


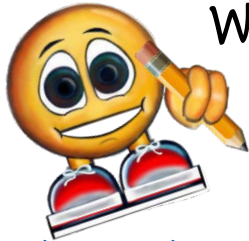
Resilience for Children & Families: Protective Factors during Covid-19



Hi, it's Dr. Machel. I help kids find their best ways of being amazing. When hard things happen, we asked kids what helps them.

We heard from over **1000** kids! yay!

In hospitals and schools, children shared what supports them when things get rough. These are called Protective Factors.



What about you?

In a really hard time, what helps you the most?

Kids & adult helpers gave these answers. Do any work for you?

10 Protective Factors. Things that help.

- 1. Self-Value:** Even when life gets rough, you are still pretty cool.
Be kind to yourself & do healthy things to help you feel better.
- 2. Self-Regulation.** When you feel stressed or angry, try to calm down.
Take 5 big, slow breaths.
- 3. Have Hope** that you can help one thing get better. Set a **Goal** to get there.
- 4. Problem Solving.** Think hard to figure out *how* to reach your goal.
- 5.** What is something special that you believe in? Think about your unique place in our world. Many people pray or relax. This is called **Mindfulness**.
- 6.** Think about a person who takes good care of you. How do they help you?
Their love makes them **Family**.
- 7.** A good **Friend** can make a bad day brighter. What do you like to talk about?
- 8.** Even if **School** is closed, keep learning with books or exploring around.
- 9. Activities** like exercise, drawing, or singing feel good.
Click here for [at home fun](#) ideas to do with an adult helper.
- 10.** Some **Communities** look empty right now. Talk with an adult.
Can you join safe chat, online games, or special facetime groups?