

Complete each box *together* with the participant. This is meant to be a guide for the conversation, and can be revisited, changed and adopted

Describe the Situation: *What is the context? What are the challenges? What are the strengths?*

Brainstorm Possible Regulation Tools: *What is helpful? What fits for the individual? What is available?*

Brainstorm Resilience Activities:

*Connections to Community – Moments of Success – Sense of Hope – Perseverance – Self-Regulation*

Specifically Identify Planned Activities: *What – When – How Often – With Whom*

Share the Plan with Others and Set a Date to Review: *Who needs to be aware of these Resilience Activities? When will we review and see if it's making a difference?*