

# Peer Resilience Building with Resilience Cards

*These activities can be used to help you and a partner identify and explore your resilience skills. Use the simple step-by-step instructions below to guide each other through the activities and spark a conversation about how these identified skills can help you bolster your resilience in the face of COVID-19 or other difficult circumstances.*



## Highlight Resilience

- Pull a handful of Resilience cards from the deck.
- Choose one or two cards.
- Think about a time you used that resilience skill and share it with your partner



## Tell a Story

- Tell your partner a story about something you did that was difficult, or a challenge you overcame, however big or small
- Using the cards, your partner will identify resilience skills you demonstrated in that experience



## Prescribe Resilience

- Think of the resilience cards as prescriptions!
  - Tell your partner about a challenge you are facing
  - Your partner will “prescribe” a resilience skill you could practice in that situation
  - Talk though ways to apply or practice that skill
- Identify someone you admire and share with your partner the traits you admire most about that person.
  - Using the cards, your partner will point out the resilience skills reflected in those traits you admire
  - Think carefully about those skills and try to identify ways you have used one of those skills. How could you practice it now? In what situation(s) could you apply it?
  - If you can't think of any ways you have used them, ask your partner for help



## “You spot it, you got it!”



## Behavior Wheel

- Identify a coping behavior you would like to change (eg. *smoking, procrastination, etc*)
- Draw a behavior wheel diagram with that behavior in the center circle (*like the one on the right*).
- What do you think the root causes of that behavior are? Write each cause in a smaller circle.
- Work with your partner to use the cards to identify resilience skills that might help you address those root causes of the behavior



## Counting on Resilience (Advanced Activity)

- If you are already familiar with resilience and the cards, label the top of a piece of paper with three columns:
  - I am
  - I have
  - I can
- Consider your resilience skills and sort the cards into those categories
- Use those piles as an opportunity to talk with your partner about why you sorted them how you did. Are there any you would like to be able to move to a different category? What can you practice to make that possible?



## BONUS: Group Activity

- In an in-person or virtual group setting, (eg. *peer support group, therapy group, etc*), select a resilience card at random on which the next session will focus.
- Each group member should spend the time before that session thinking about how they use, practice, or struggle to implement that skill.
- At the session, group members can share their thoughts and ideas about that resilience skill with one another.
- At the end, choose another resilience skill from the deck to focus on in the next session!
- *Note:* Depending on the group, the ACEs cards may be left in or removed from the deck for this exercise