

# Resilience Building Blocks

- Learning Responsibility
- Developing Friendships
- Learning to Show Appreciation
- Experiencing Success
- Learning to Self-Advocate
- The Ability to Calm Oneself
- Working as a Team
- Learning to Solve Problems and Make Decisions
- Giving a Child Choices
- Mastering a Skill
- Accepting Ownership for Your Behavior
- Attachment to Caring Adult