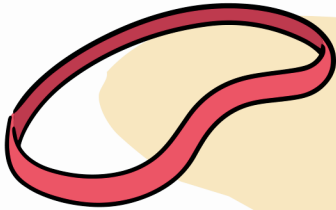


Just picture it!

Resilience through Our Eyes

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Rubber band

We use a rubber band to illustrate resilience. You can stretch and stretch a rubber band, and it can also bounce back to a relaxed state. We all experience things that stretch (stress) us, and we are also capable of bouncing back.

Umbrella

We use an umbrella to illustrate protective factors – characteristics, people, and supports that help a person get through tough times. An umbrella doesn't stop the rain, but it does help shield us from it; just like protective factors don't stop adversity and risk, but they can act as a buffer and help us be resilient.



Rain

We use rain to illustrate risk factors – negative influences in a person's life. Life rains on all of us at many points throughout our lives, whether it's through stress, change, adversity, etc. Every one of us has risk factors in our lives, both big and small.

Magic wand

We use a magic wand to illustrate the ordinary magic of resilience. It is the ordinary things in life that help us build up our resilience, and helps us promote resilience in young children.



Just picture it!

Resilience through Our Eyes

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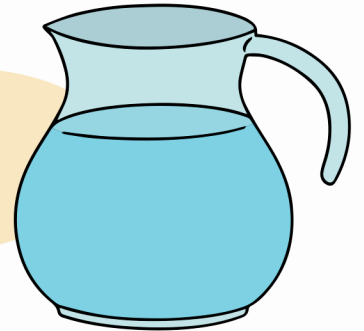


Cups

We use cups as a metaphor for young children, who need support from all of the adults in their lives, in order to build resilience and to develop both socially and emotionally. When adults fill the cups (children) with love, patience, kindness and compassion, a strong and healthy social and emotional foundation is put into place to support children's resilience.

Pitcher

We use a pitcher as a metaphor for any adult caring for a young child. Every day, adults pour and pour into the cups (the children), so the adults need to take care of themselves as well. By focusing on their own resilience and social and emotional well-being, they can keep their pitchers full.



Well

We use a well as a metaphor for those adults in leadership roles who are supporting other adults in caring for young children. The pitchers (the adults) need help keeping their pitchers full, so the wells must do what they can to both support their own resilience and that of their fellow caregivers.

Just picture it!

Resilience through Our Eyes

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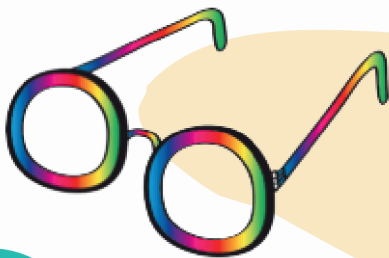


Scale

We use a scale to illustrate how both risk factors and protective factors influence our resilience. Picture risk factors on one side of the scale and protective factors on the other. If you have too many risk factors, the scale will tip toward a negative outcome, creating a more vulnerable individual. If you have more protective factors, the scale will tip toward a positive outcome, creating a more resilient individual. Since we all have risk factors in our lives, the goal is to outweigh them with our protective factors.

Backpack/suitcase

We use a backpack or suitcase to illustrate what every child has with them as soon as they are born. It is up to the adults in a child's life to help pack that backpack or suitcase with what the child needs for a happy and successful life; things like love, support, fun, curiosity, empathy, courage, etc.



Social and emotional lenses

We use these lenses to illustrate our approach of “looking through social and emotional lenses,” which recognizes that social and emotional skills and resilience are best developed through everyday interactions and experiences that are done with awareness and purpose – what is often referred to as mindfulness.