

CONNECTED

CONFIDENT

PROUD

RESILIENCE ROAD GAMES & ACTIVITIES

RESILIENCE





Roll a Resilience Story

For this activity, you are going to tell a resilience story with you as the main character. To complete this activity, you will roll a die three different times. The first roll will be to pick a setting, the second roll to pick the problem (or challenge) and the third roll to identify a feeling. You will then have to come up with a positive way to handle (or overcome) the problem. Good luck!

	Setting	Problem or Challenge	Feeling
	At Home 	Forgot to Study for a Test 	Nervous
	At School 	Lost Something Important 	Angry
	In The Car 	Woke Up Late 	Anxious
	A Friend's House 	You Decide ???	Worried
	At a Relative's House 	Got Teased at School 	You Decide ???
	You Decide ???	Hurt Someone's Feelings 	Sad



Roll a Resilience Story

Creating stories can be a fun activity to do with friends and family! Taking turns coming up with ideas and sharing those ideas can be a great way to building connections with others and increase personal resilience.

While creating your Resilience Story, try to keep the following things in mind - they will help as you think about the setting, the problem (or challenge) and try to better understand different feelings.

SETTING: The setting is where the story takes place. Settings can be as close as your house, or they can be locations around the world and even beyond the world into other galaxies. Some key things to keep in mind when thinking about the setting include...

- Is the setting a busy city or a quiet town?
- What is the time of year, and what is the weather like in the setting of your story?
- What sights, sounds and smells are in your setting?
- What time of day is it?
- Are there other people in your setting? If so, who are they?

PROBLEM (OR CHALLENGE): In all good stories, there are problems or challenges characters must face and overcome. While doing so, characters often learn more about themselves, as well as those around them. Problems or challenges can be big, or they can be small. They can impact one person or a group of people. Some key things to keep in mind when thinking about the problem or challenge include...

- Who is involved with the problem or challenge?
- Is it a physical challenge, an emotional challenge or a decision making challenge?
- What were some of the negative outcomes of the challenge?
- What caused or created the challenge?
- How did the individual (or individuals) overcome the challenge?
- What lesson was learned as a result of the problem or challenge?

FEELINGS: Feelings can be confusing at times. One minute you can be laughing and the next minute feeling sad. At times, feelings are confusing because you might be feeling two or more feelings at the same time. An example of this might be getting ready to take a big test. You might feel nervous...you might feel anxious or worried all at the same time.

When talking about feelings in a story, authors often describe the feeling, as well things like how the person's body reacts or responds to the feeling and how feeling a certain way may impact those around the character. For instance, if you are anxious about a big test, your stomach may hurt a little and being anxious might cause you to not be as talkative with others as you normally are. For your story, try to think about how feelings physically make the character feel and how they may impact others.

[illegible]









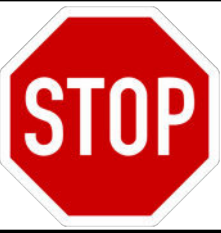
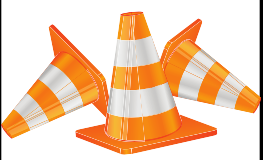
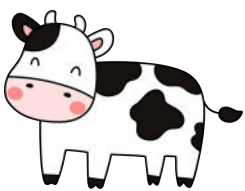


Resilience BINGO

BINGO! can be a great game to play on a road trip. For this version of BINGO, your challenge is to identify not only common objects but times when you or someone you are with demonstrate one of the resilience characteristics below. As you see things, cross-off the BINGO! space that matches. The BINGO! winner is the first person to get a line (up, down, across or diagonal). Make the game even more exciting by being the first to cross-off all of the spaces on your BINGO! card.

BINGO!

BINGO! Card #1

	Hunt the Good Stuff today by listing 3 positive things that happened!		Identifying and accomplishing one goal for the day.	
Using positive self-talk and avoiding negative thinking		Trying something that is new or different		Helping someone else by holding the door for them.
Using belly breathing to positively cope with stress or difficult situations			Being healthy and eating a healthy snack or meal.	Taking time to get to know someone better or new
Staying healthy by exercising like running, jogging or lifting weights		Practice mindfulness by being aware of what is around - the sights, sounds and smells	Focusing on the positive things happening in life, not the negative things	
	Making a new friend or getting to know a friend better	Doing something kind for others - Random Acts of Kindness		Recharging by doing something meaningful and enjoyable





Resilience BINGO

BINGO! can be a great game to play on a road trip. For this version of BINGO, your challenge is to identify not only common objects but times when you or someone you are with demonstrate one of the resilience characteristics below. As you see things, cross-off the BINGO! space that matches. The BINGO! winner is the first person to get a line (up, down, across or diagonal). Make the game even more exciting by being the first to cross-off all of the spaces on your BINGO! card.

BINGO!

BINGO! Card #2

Making a new friend or getting to know a friend better		Hunt the Good Stuff today by listing 3 positive things that happened!		Identifying and accomplishing one goal for the day.
Using belly breathing to positively cope with stress or difficult situations		Trying something that is new or different		Helping someone else by holding the door for them.
	Doing something kind for others - Random Acts of Kindness		Taking time to get to know someone better or new	Recharging by doing something meaningful and enjoyable
Staying healthy by exercising like running, jogging or lifting weights		Practice mindfulness by being aware of what is around - the sights, sounds and smells	Focusing on the positive things happening in life, not the negative things	
	Using positive self-talk and avoiding negative thinking		Being healthy and eating a healthy snack or meal.	



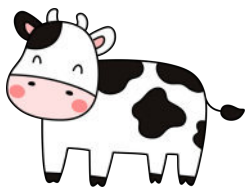












Resilience BINGO

BINGO! can be a great game to play on a road trip. For this version of BINGO, your challenge is to identify not only common objects but times when you or someone you are with demonstrate one of the resilience characteristics below. As you see things, cross-off the BINGO! space that matches. The BINGO! winner is the first person to get a line (up, down, across or diagonal). Make the game even more exciting by being the first to cross-off all of the spaces on your BINGO! card.

BINGO!

BINGO! Card #3

		Hunt the Good Stuff today by listing 3 positive things that happened!		Practice mindfulness by being aware of what is around - the sights, sounds and smells
Using belly breathing to positively cope with stress or difficult situations	Focusing on the positive things happening in life, not the negative things	Trying something that is new or different		
	Doing something kind for others - Random Acts of Kindness		Staying healthy by exercising like running, jogging or lifting weights	Recharging by doing something meaningful and enjoyable
Taking time to get to know someone better or new		Identifying and accomplishing one goal for the day.		Making a new friend or getting to know a friend better
Helping someone else by holding the door for them.	Using positive self-talk and avoiding negative thinking		Being healthy and eating a healthy snack or meal.	



Resilience Word Search

See if you can find all of the words below. Each word holds a connection to resiliency and being resilient in life.

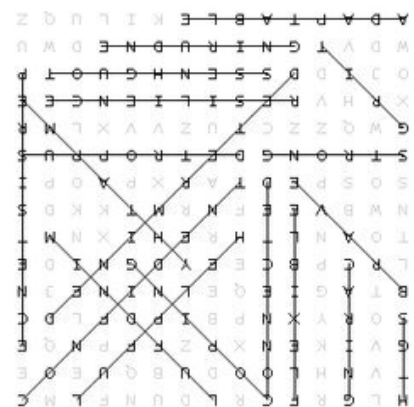
H	L	G	R	F	C	R	L	D	U	N	F	L	M	C
T	V	N	H	L	O	O	D	U	B	Q	U	E	O	E
G	V	I	K	E	N	X	P	Z	F	F	P	N	Q	E
S	O	R	Y	X	N	P	B	I	P	D	F	L	D	C
B	T	A	G	I	E	Q	E	L	N	I	N	E	J	N
L	R	C	P	B	C	E	E	Y	D	G	N	I	D	E
T	O	A	N	L	T	H	R	E	H	I	X	N	M	T
N	W	B	V	E	E	F	N	R	M	T	K	K	D	S
S	O	S	P	E	D	T	A	R	X	P	A	O	P	I
S	T	R	O	N	G	D	E	T	R	O	P	P	U	S
G	W	Q	Z	Z	C	T	U	Z	V	V	X	L	M	R
X	R	H	V	R	E	S	I	L	I	E	N	C	E	E
O	J	I	D	D	S	S	E	N	H	G	U	O	T	P
W	D	V	T	G	N	I	R	U	D	N	E	D	W	U
A	D	A	P	T	A	B	L	E	K	I	L	U	Q	Z

FIND THESE WORDS:

adaptable
brave
caring
confident
connected
coping
determined
empathy
enduring
flexible
grit
helpful
HTGS
mindful
persistence
resilience
strong
supported
toughness

There may be words in the word search that you may not know...that is okay! Ask someone you trust to explain the meaning of any words you may not know.

BONUS ACTIVITY: As you find each word, share with someone you trust how you demonstrate what that word means. Talk about how you are resilient in life!



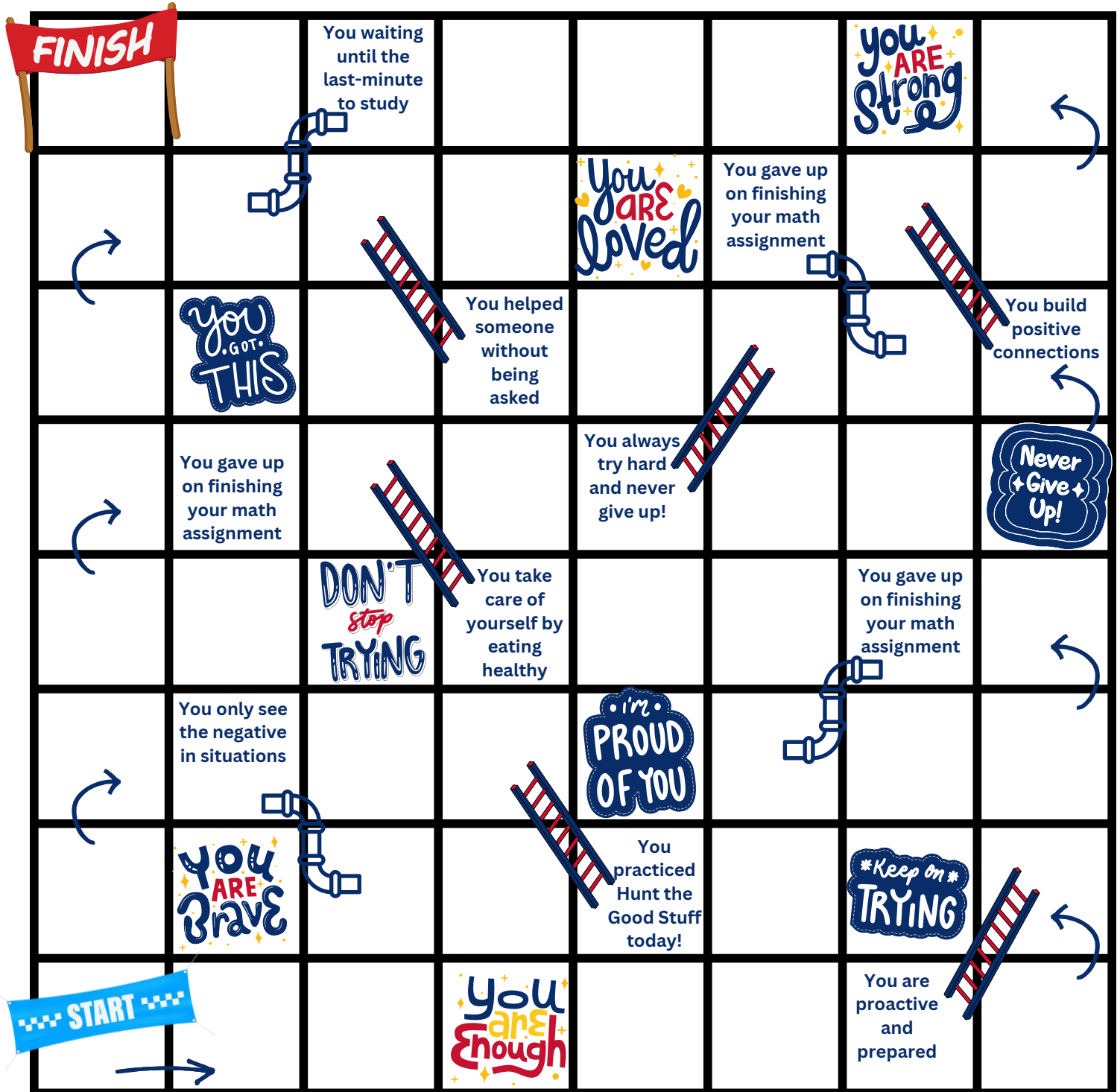
ANSWER KEY





Resilience Chutes & Ladders

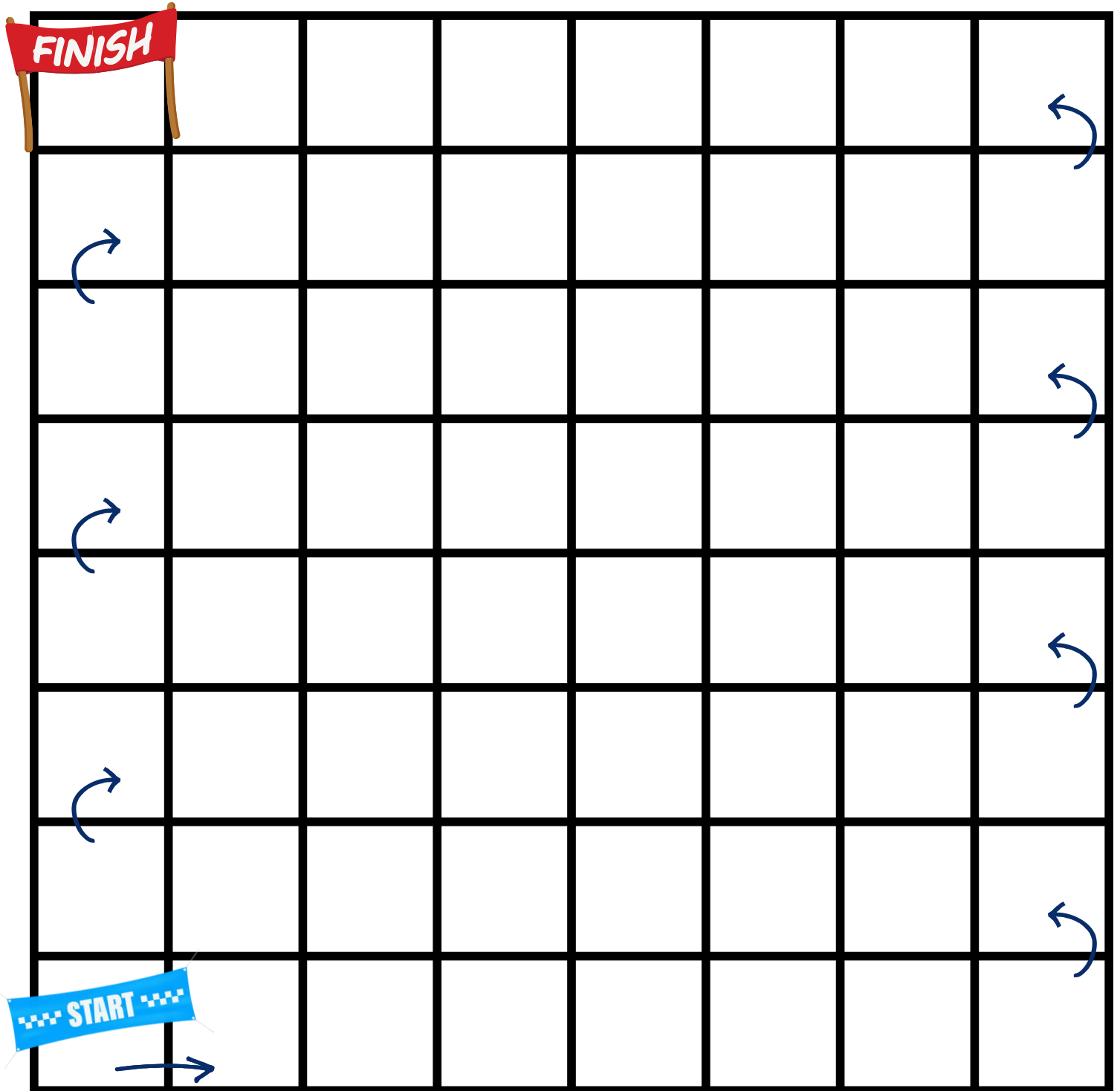
Roll a die to see who goes first - higher roll goes first. Then, roll to play the game, moving as many spaces forward as you rolled. Use a coin as your game piece. If you land on a chute, follow the chute down to your space. Land on a ladder? Climb up to your new space. Be the first to make it to the end!





Resilience Chutes & Ladders

Now it's your turn! Take some time to create your own Resilience Chutes & Ladders game board. Decide where to place chutes and ladders, as well as coming up with tasks which demonstrate resilience and tasks which do not demonstrate resilience. Have fun!





Resilience License Plate Alphabet Game

Below are characteristics related to resilience. Your challenge is to find different license plates which start with the same letter as each of the words below. Once found, cross-off the letter below. Talk about how you demonstrate each characteristic. The first one to cross-off all of the letters wins!



EXAMPLE: Mindful Attitude

Both start with M.



A - Avoid Negative Self-Talk

B - Believe in Themselves

C - Connections to Others

D - Don't Blame Others

E - Eat Healthy Foods

F - Flexible Thinking

G - Get Enough Sleep

H - Hunt the Good Stuff

I - Independent Thinker

J - Judgement-Free of Others

K - Keep Things in Perspective

L - Live in the Moment

M - Mindful Attitude

N - Never Give Up

O - Open-Minded

P - Positive Mindset

Q - Quality Time with Others

R - Rest & Recharge When Needed

S - Show Kindness to Others

T - Thank Those Who Help Them

U - Understand Boundaries

V - Value Others

W - Work Hard

X - X-amine All Possible Outcomes

Y - Young At Heart (Joyful)

Z - Zest or Passion for Life



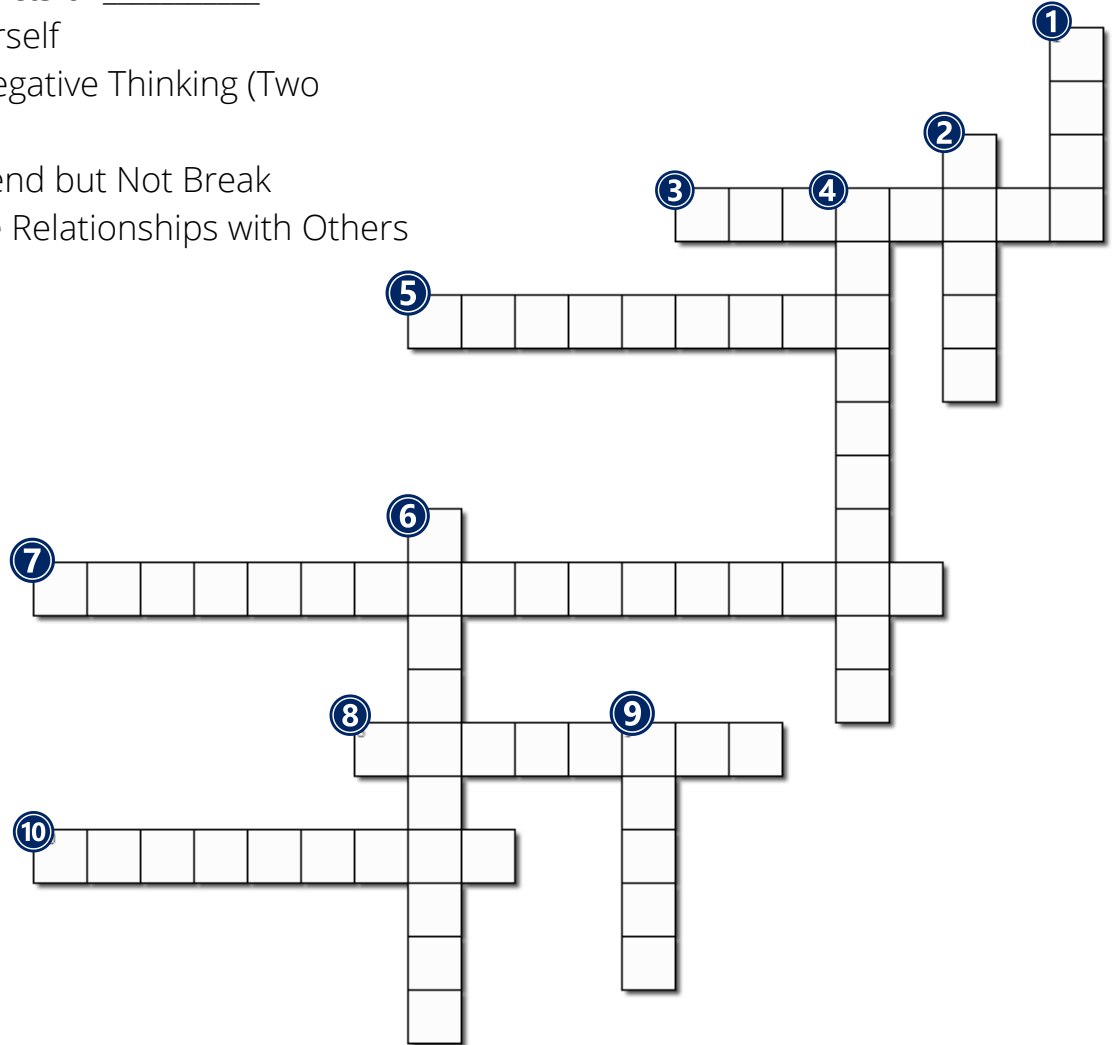
Resilience Crossword

See if you can identify all of the words below using the clues provided. Each word has to do with being a resilient person!

HINT: Look back at other activities in this packet, as some words may be the same.

ACROSS:

- 3. Doing Random Acts of _____
- 5. Believing in Yourself
- 7. Opposite of Negative Thinking (Two Words)
- 8. Being Able to Bend but Not Break
- 10. Having Positive Relationships with Others



DOWN:

- 1. Finding the Positives in Life (Abbreviated)
- 2. A Specific Type of Breathing
- 4. Never Giving Up
- 6. The Ability to Bounce Back
- 9. Not Being Scared or Afraid

1. HTGS
2. Belly
3. Kindness
4. Determined
5. Confident
6. Resilience
7. Positive Thinking
8. Flexible
9. Brave
10. Connected

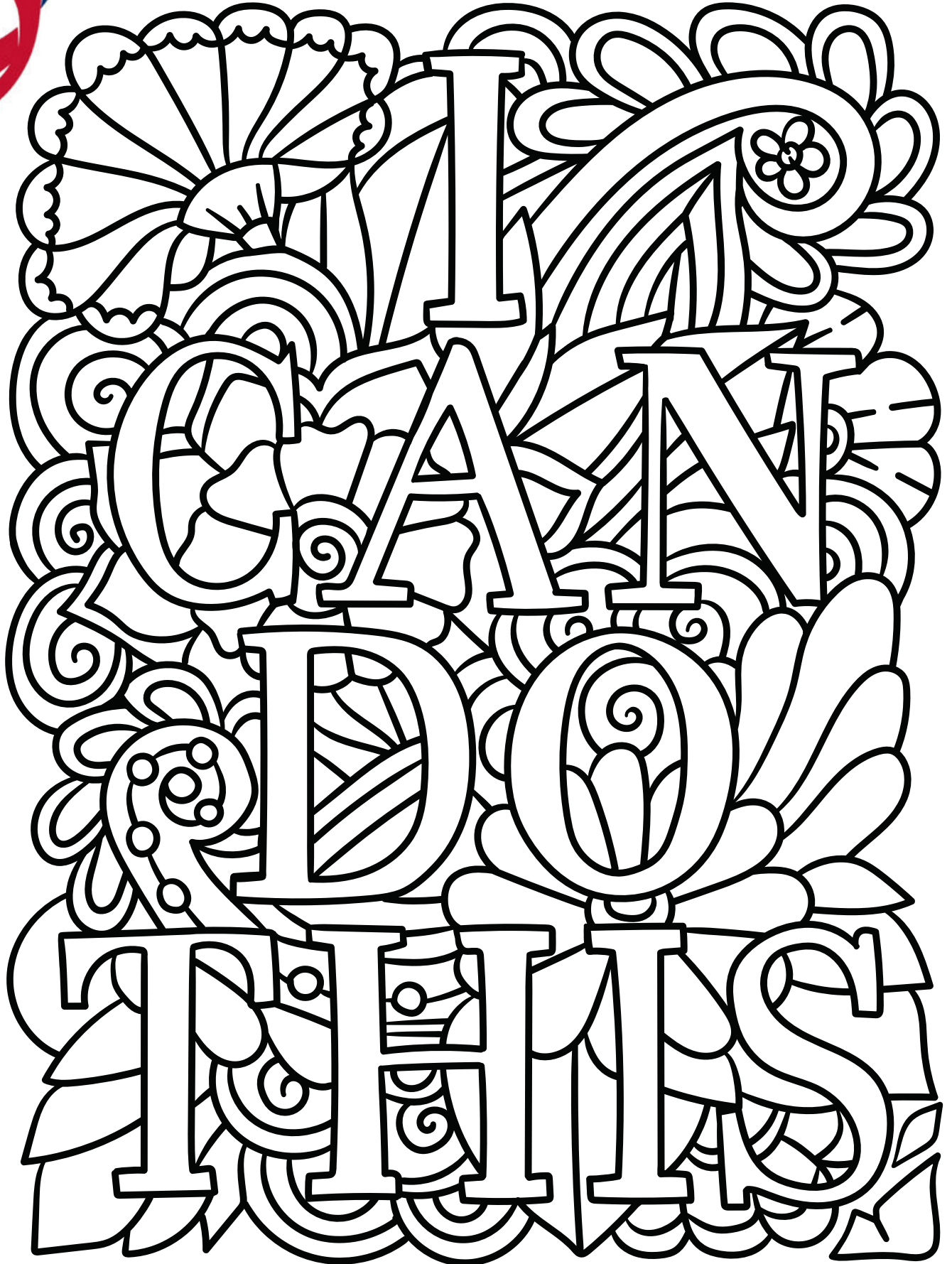
ANSWER KEY

There may be words in the word search that you may not know...that is okay! Ask someone you trust to explain the meaning of any words you may not know.





Mindful Coloring





Reframing Mind Traps

Mind traps, or counter-productive thinking, can have a negative impact on resilience. Instead of being stuck in a mind trap, practice reframing your thinking to find something positive in each situation. Your challenge is to reframe the mind traps below into something positive. Add more mind traps to the list and create positive statements. Share your reframed answers with others.

'Mind Trap' Example	Mental Reframe
I got that question wrong, I'm not smart!	I tried my best and I can try again next time.
It was just good luck that I scored that goal.	
It's out of my control.	
I can't do it.	
I'm always wrong.	
I'm not going to like it.	
I never get invited to things.	
Maths is just too hard for me.	
I don't want to learn that.	
I'm never going to get better at this.	



I'm Going on a Picnic

For this activity, you need to identify items you would take with you on a picnic. The challenge is that each item must start with a different letter of the alphabet - no repeats. One way to grow our resilience is to build connections with others. Picnics are a great way to meet and get to know others.

A - _____

B - _____

C - _____

D - _____

E - _____

F - _____

G - _____

H - _____

I - _____

J - _____

K - _____

L - _____

M - _____

N - _____

O - _____

P - _____

Q - _____

R - _____

S - _____

T - _____

U - _____

V - _____

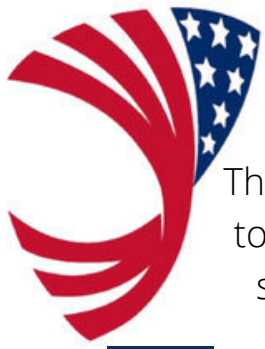
W - _____

X - _____

Y - _____

Z - _____

Challenge those you are traveling with to do this activity with you. The first one to fill-in all blanks is the winner!



I'm Going on a Picnic

This is a different version of the Picnic Activity. For this challenge, you need to identify items you would bring with you on a picnic that share the same shape as those below. See who can list the most items for each shape!



Square



Circle



Triangle



Diamond



Oval



Heart



Goal Setting

Making and keeping goals is important in life. When we set goals for ourselves, we are more likely to work hard, never give up and feel proud of our accomplishments. Goal setting is important for resilience as well, as goals help keep us focused, active and on-track to great things. In the spaces below, try your hand at setting goals for yourself. Make sure your goals are SMART!

S Specific	M Measurable	A Attainable	R Relevant	T Time-Bount
What will you do? Why and by when?	How will you measure your goal?	Is the goal something realistic?	Does the goal align with what matters to you?	By when do you want to accomplish your goal?

My goal for tomorrow is...	
-----------------------------------	--

My goal for next week is...	
------------------------------------	--

My goal for next month is...	
-------------------------------------	--

My goal for next year is...	
------------------------------------	--

Don't stop setting goals for yourself after completing this activity. Come up with more goals for the next week, month or year. Track your progress to see how close you are to meeting each goal! Celebrate when you reach your goal!

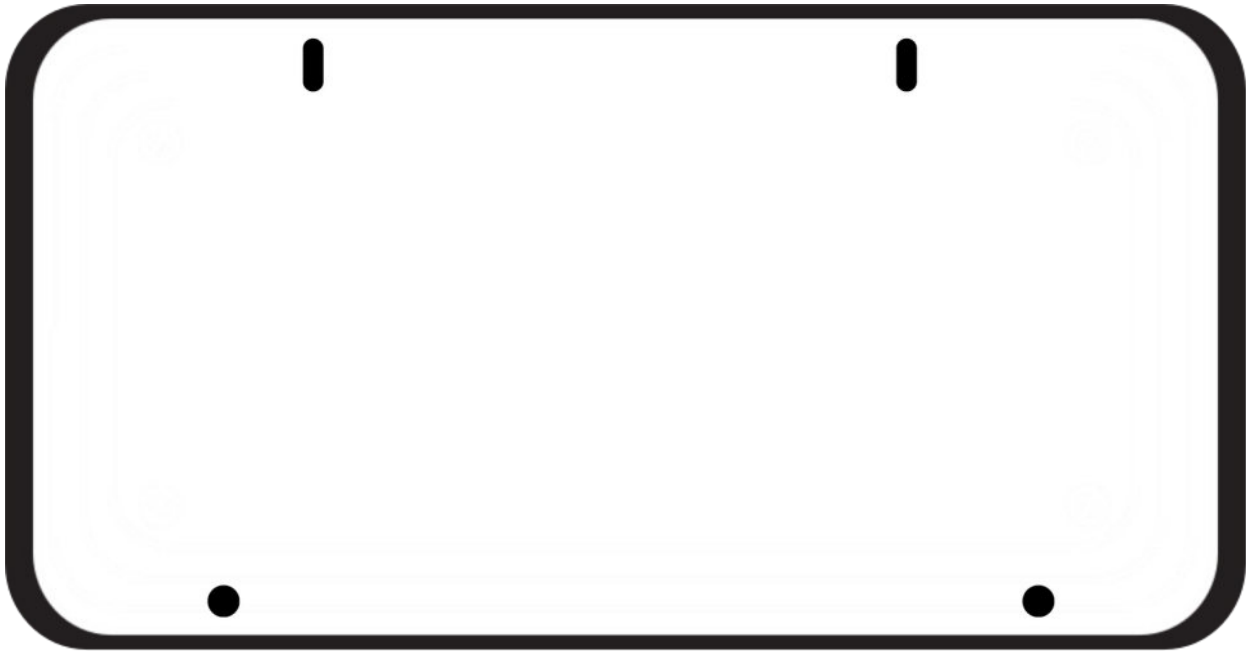


Design Time

A cool thing about having a car is personalizing the license plate - having it say something about you, what you find important or things you are good at. Building resilience involves finding our strengths - those things we do well - using our strengths and celebrating them. For this activity, design your license plate. Make it reflect one of your strengths and who you are as a person.

EXAMPLE:

NEVER GIVE UP



Many people also add bumper stickers to their cars based on places they have been, things they find important or things they enjoy doing. In the space below, create a bumper sticker you would put on your car that reflects something you find important or value in your life.



When you finish, share your designs with those you are traveling with and explain why you selected those things for your license plate and bumper sticker.



Character Strength Associations

Character strengths are traits we possess or things we do well. These strengths can be physical or emotional...they can be visible or invisible. Character strengths increases our resilience by motivating us to keep moving forward, helps us set goals and achieve those goals, and better manage and understand our thoughts and feelings.

In the spaces below, create a list of character strengths you feel each person possesses. Once that has been done, think about yourself and write down positive character strengths you possess in the fourth space below. Share your list of character strengths with others and explain how you show or demonstrate each strength. For fun, have others do this activity and share their strengths with you!



Firefighter



Soldier



Teacher

My Personal
Character
Strengths



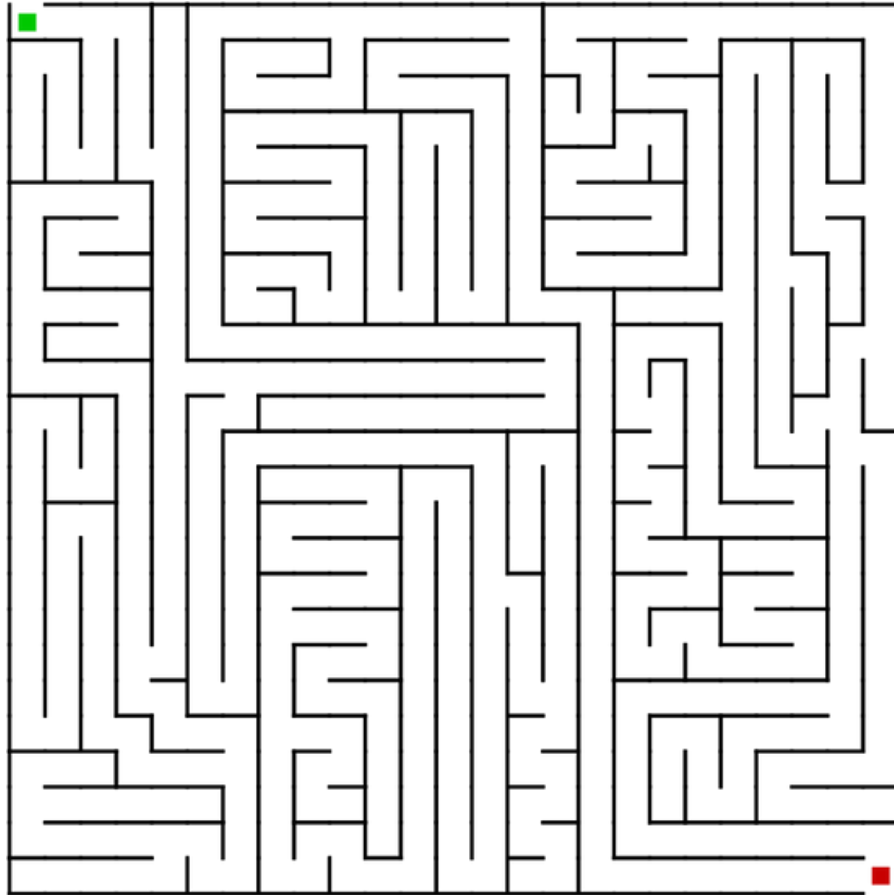
Character Strength Associations

Now, take your list of character strengths from the previous page and write them in the spaces below. Then, make a list of how you use, or can use, your character strengths to achieve your goals, build connections with others and be more resilient.

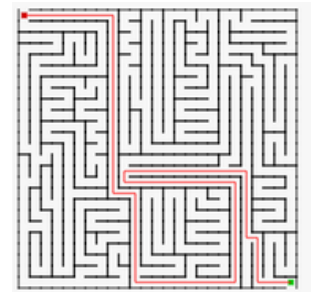

[illegible]

Resilience Maze

Resilience is all about not giving up when faced with a challenge or problem. We have to remember that we will encounter challenges, but we can overcome them if we believe in ourselves, work hard and never give up. Life can be like a maze, where we encounter 'roadblocks' at times, but if we pause, stay positive and think about our options, we can eventually overcome those 'roadblocks.'



Use this space to make a list of things you can do when confronted with a challenge or roadblock...



ANSWER KEY





My Daily HTGS Journal

Hunting the Good Stuff (HTGS) is when you pause to think about all of the positive things that happened to you during the day - whether they are big things or small things. When we Hunt the Good Stuff, our resilience increases because we avoid being caught in a negative thinking trap, where we only focus on negative things and miss out on all of the good that surrounds us. Use the spaces below to record your HTGS moments during your trip!

Day of the Week	HTGS Moments

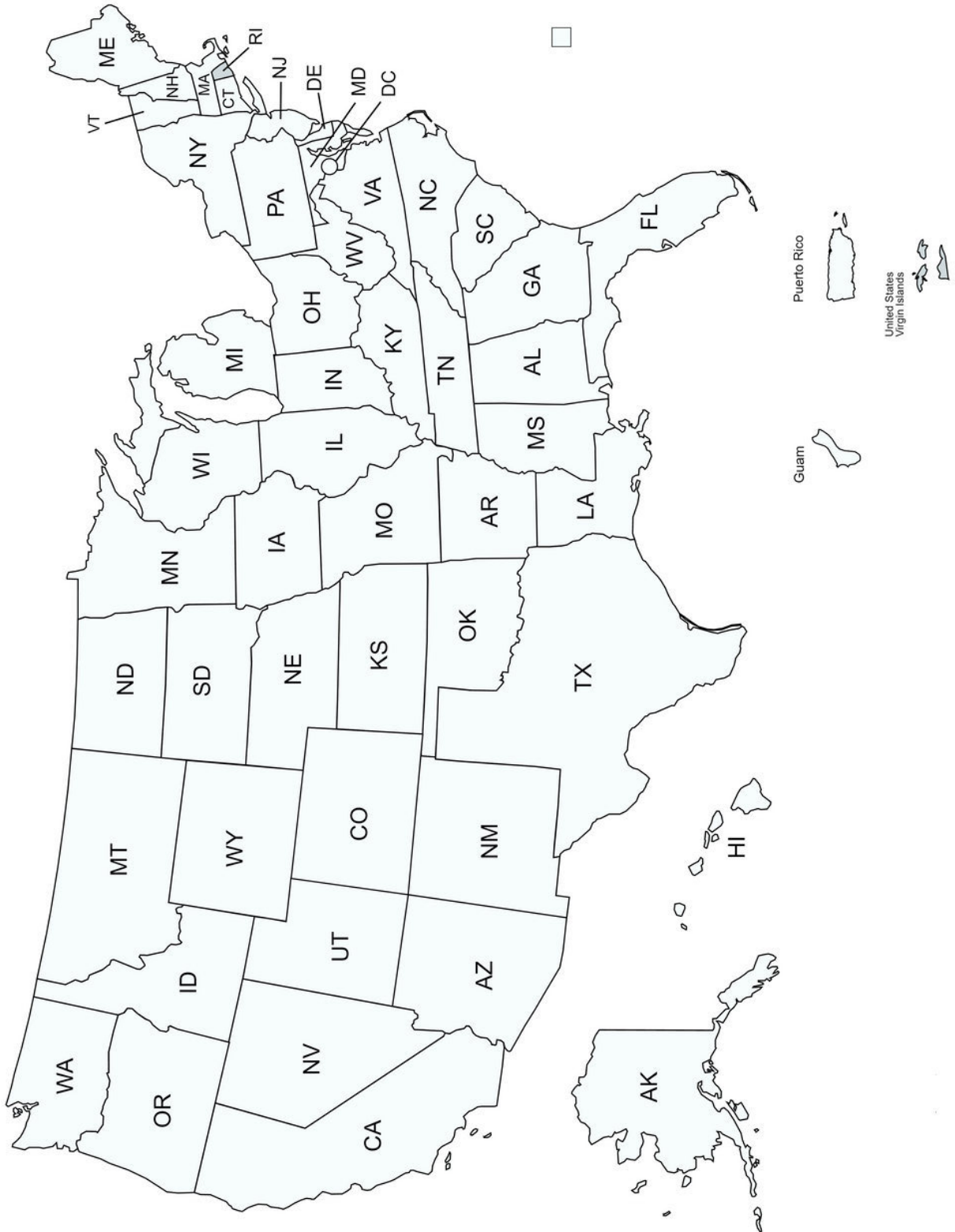


Places Visited

A cool thing to do when taking a trip is to track places you visit or drive through. In fact, some people do this even as adults - tracking states, territories and countries they have visited in their life. Use the maps below to get you started tracking your adventures.

Color in the places you visit. For fun, add some notes to this page so you can remember all of the great experiences you had while traveling!

The United States of America





Travel Reflections

Traveling is a great way to make new and special memories of places you visited, people you traveled with and experiences you had. Complete the following statements to help you remember all of the great moments of your trip!



My favorite thing we did on our trip was _____

The best thing I ate on our trip was _____

The one thing I would do again from our trip is _____

The people I traveled with made the trip special because _____

One thing learned about myself on our trip was _____

After completing this packet, I learned that resilience means _____

I can demonstrate being resilient by _____



Additional Activities

Here are some additional activities to play while on your trip.
Get everyone involved and have some fun!

I SPY: To start, one person chooses an object and says, *"I spy with my little eye, something beginning with..."* and then gives the first letter of the word they are thinking of. Everyone else tries to guess and the person who guesses correctly first then takes their turn choosing an object.



20 QUESTIONS: One person thinks of an object, person, animal, or plant. It must be something everyone is likely to know about. Then, others ask questions to help them figure out what the person is thinking of. The person is only allowed to respond with "yes" or "no". The goal is for the others to guess the item correctly before they ask more than 20 questions.



FORTUNATELY/UNFORTUNATELY: In this game, one person starts by saying, "Fortunately..." and describing a hypothetical (or made-up) situation that was really good. For example, they could say, "Fortunately, there was a mistake at the factory and all the broccoli in the world is going to turn into marshmallows." Then, the next person continues the story with "unfortunately." In this case, they could say, "Unfortunately, these marshmallows also shrink you down to 3 inches tall. Continue with the "fortunately/unfortunately" structure until everyone has had a few turns.



THE ANIMAL NAME GAME: To start this road trip game, one person names an animal. The next person then has to name another animal (no repeating!) that begins with the last letter of the previous animal named (for example, "elephant" ends with "t," so the next person might say "tiger," after which the next person might say "raccoon," and so on). The game can go on forever, and kids like that no one wins or loses. If your children are a little older, you can swap animals for other categories like TV shows, cities, or foods.



Contact Information

John Smith

Lead Child & Youth Program Coordinator
DysTech Contractor
Office: 555-555-5555
Cell: 555-555-5555
Email: john.r.smith.ctr@army.mil

Jane Smith

Child & Youth Program Coordinator
DysTech Contractor
Office: 555-555-5556
Cell: 555-555-5556
Email: jane.s.smith.ctr@army.mil

Online & Social Media Links

Facebook:

Instagram:

Website:



If you would like to participate in an upcoming MRT training, contact your **local ARNG CYS Team!**

For an overview of the skills taught as part of the MRT training, click **here!**



Be sure to subscribe to the ARNG CYS Website to receive the latest newsletters and information:

www.arngcys.com

ARNG CYS: It's More Than A Program, It's A Promise