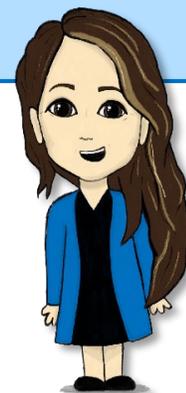


# Resilience for Children & Families: Protective Factors during Covid-19



Hi, it's Dr. Machel. I help kids find their best ways of being amazing. When hard things happen, we asked kids what helps them.

We heard from over **1000** kids! **YAY!**

In hospitals and schools, children shared what supports them when things get rough. These are called Protective Factors.

## What about you?



In a really hard time, what helps you the most?

Kids & adult helpers gave these answers. Do any work for you?

## 10 Protective Factors. Things that help.

1. **Self-Value:** Even when life gets rough, you are still pretty cool. Be kind to yourself & do healthy things to help you feel better.
2. **Self-Regulation.** When you feel stressed or angry, try to calm down. Take 5 big, slow breaths.
3. Have **Hope** that you can help one thing get better. Set a **Goal** to get there.
4. **Problem Solving.** Think hard to figure out *how* to reach your goal.
5. What is something special that you believe in? Think about your unique place in our world. Many people pray or relax. This is called **Mindfulness**.
6. Think about a person who takes good care of you. How do they help you? Their love makes them **Family**.
7. A good **Friend** can make a bad day brighter. What do you like to talk about?
8. Even if **School** is closed, keep learning with books or exploring around.
9. **Activities** like exercise, drawing, or singing feel good.  
Click here for [at home fun](#) ideas to do with an adult helper.
10. Some **Communities** look empty right now. Talk with an adult.  
Can you join safe chat, online games, or special facetime groups?