**Selected Resilience Resources**

**Adverse Childhood Experiences Study (ACES)**

https://acestoohigh.com

[http://acestoohigh.com/got-your-ace-score/](http://acestoohigh.com/got-your-ace-score)

<http://www.cdc.gov/violenceprevention/acestudy/about_ace.html>

**Activities that Build Resilience**

www.edgeworkconsulting.com/assets/16-Games-That-Promote-Conversations-About-Resilience12.10website2013.pdf

[www.pinterest.com/taraann087/activities-for-resiliency/](http://www.pinterest.com/taraann087/activities-for-resiliency/)

**The Resiliency Quiz and Resiliency Wheel**

<http://www.resiliency.com/free-articles-resources/the-resiliency-quiz/>

<http://www.resiliency.com/free-articles-resources/the-foundations-of-the-resiliency-framework/>

<http://www.ascd.org/publications/educational-leadership/sept13/vol71/num01/Havens-of-Resilience.aspx>

**Developmental Assets Research**

<http://www.search-institute.org/>

**Overall Resources**

<http://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

<http://www.apa.org/helpcenter/road-resilience.aspx>

<http://www.health.harvard.edu/newsletter_article/in-praise-of-gratitude>

<http://www.fosteringresilience.com/books.php>

http://alliance1.org/ppf/promoting-resilience-through-after-school-planning

http://childtrends.org/what-can-schools-do-to-build-resilience-in-their-students/

**Videos**

<http://developingchild.harvard.edu/resources/inbrief-resilience-series/>

**Articles**

Benard, B. (1991). Fostering Resiliency in Kids: Protective Factors in the Family, School, and Community. Portland, OR: Western Center for Drug-Free Schools and Communities.

Maddi, S. Kkhosshaba, D. (2005), *Resilience at Work: How to Succeed No Matter What Life Throws at You*, American Management Association, New York

Werner, E. E., & Smith, R.S. (1982). *Vulnerable but invincible: A longitu­dinal study of resilient children and youth.* New York: McGraw Hill.

Werner, E. E., & Smith, R.S. (1992). *Overcoming the odds: High-risk chil­dren from birth to adulthood.* Ithaca, NY: Cornell University Press.

Werner, E. E., & Smith, R.S. (2001). *Journeys from childhood to midlife: Risk, resilience and recovery*. Ithaca, NY: Cornell University Press.