

Moving From ACEs to Resilience



[Video: Moving from ACEs to RESILIENCE](#)



Building Resilience:

“Relationships matter, and resilience research shows that one caring adult within the education system can make a huge difference to a student. Bus drivers, who are our initial and final school responders for students each day, can create attachment first thing in the morning and as students return home. ”

– *Lori Desautels*

[Source: Building Students' Resilience on the Bus](#)

Fostering Resilience Ideas:

- **Celebration Bucket:** Students can drop a note about a celebration they encountered that day.
- **Student Mentors:** Provide leadership opportunities. Show older students how to act as mentor to younger students.
- **Catch me!** “Catch” students doing or saying something kind and acknowledge it.
- **Thumbs up, thumbs down:** Each morning and afternoon, students can check in to show how they are feeling through a quick thumbs-up, thumbs down.