

Answer Key: Resilience Quiz for Kids

Each question focuses on a specific building block. Each “Always” is a score of 3. Each Sometimes a score of 2. Each Never is a score of 1.

A score of 60 is the highest on the scale of resilience building factors in a child’s life. A score of 20 shows low resilience building factors, meaning room to implement the Building Blocks for Resilience into a child’s daily experiences.

The questions are color coded to help determine the areas that need most attention.

BUILDING BLOCK	ANSWER KEY
Protection	are questions 1, 16, &17. A score of 9 in shows the child feels protection in their emotional and physical experiences.
Caring & Supportive Relationships	are questions 7,8,9, 11. A score of 12 shows the child feels they have strong bonded relationship(s) they can count on.
Coping Skills	are questions 4, 6, and 9. A score of 9 shows the child is developing good coping skills.
Can-Do	are questions 12, 13, 18. A score of 9 shows the child feels they have the opportunity to gain and practice new skills and talents.
Belonging	are questions 10, 14, 9, and 20 (note 9 is also a relationship indicator). A score of 12 shows the child feels there are places where they feel they belong.
Storytelling	are questions 2, 5, and 3. A score of 9 indicates the child feels they are able to tell their own stories of what happened to them and what they felt, and are heard.

A lower score simply provides guidance to adults to help children build more of the resiliency factors into their daily life, and their systems and routines. In some cases it

may simply mean the adult needs to point out to the child where they can find the resources to build that skill. They may point out for example that Grandmother loves them and is able to speak to them anytime they need someone to talk to. They may show that there is a time every day to develop their interests and hobbies, or point out that they “belong” to their school, sports club, or place of worship.