

**I Can**  
**(Social Skills with**  
**People and Myself)**

**I can:**

**Say what I'm feeling:** I can listen to others. I am okay talking about my feelings with other people. I also try to be a good listener when other people talk.

**Solve Problems:** I see when I have a problem. I can think about it, consider several possibilities and choose what to do. If I can't figure it out, I am okay asking for help.

**Practice Self-Control:** I think before I act. I practice Feel—Think—Choose—Do. It is okay to express my feelings with words or actions, but I cannot do it in a way that breaks the rules or hurts other people.

**Know How I Tick:** I understand how I am apt to behave and feel. I try to fit who I am into what's going on around me.

**Talk with people I trust:** I can find a parent, teacher, adult or friend I trust to talk about my feelings, worries, problems, and concerns.

*This program of promoting resilience through story telling started in New Orleans after Hurricane Katrina. Team Leaders included Rev. Betsy Waters and Rev. Sarah Hubbell, and volunteers Sue Pellerin, Rev. Phyllis Frechette, Katie and Terry Gerish, Jenn Bastien, Elvira and Greg Fulchino, Cathy Gray, Pat Konkle, Tina Reinhardt, Diane Serino, and Anne Rich. This brochure is funded through the Massachusetts Conference of the United Church of Christ.*

**10 Ways That Adults Can Build Resilience:**

1. Make/Keep connections with family, friends, and groups. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope.
2. Avoid seeing crises as insurmountable problems.
3. Accept that change is a part of living.
4. Move toward your goals. Develop some realistic goals. Take regular steps to meet these goals.
5. Take decisive actions.
6. Look for opportunities for self-discovery.
7. Nurture a positive view of yourself.
8. Keep things in perspective. Avoid blowing the event out of proportion.
9. Maintain a hopeful outlook.
10. Take care of yourself.

**REFERENCES:**

*Book Resources: "Fortunately, Unfortunately"  
by Remy Charlip  
"Oh The Places You'll Go" by Dr. Seuss*

*Based on work by Edith Grotberg,  
Researcher in Resilience  
and work by  
Dr. Shelly Rambo and Dr. Bessel van der Kolk,  
Boston University*

*American Psychological Association Website—  
resilience*

*<http://resilnet.uiuc.edu/library.html>  
A virtual library*

**DEVELOPING  
RESILIENCE  
THROUGH  
STORY TELLING**

**Tools for  
"Come Back Kids"  
I HAVE, I AM, I CAN**



*Nobody has all the tools.  
We all can strengthen our  
"Bounce Back Muscles."*

# R-R-R-R

Every day, bad things happen to people. Problems seem huge. Researchers have identified ways to help people "bounce back." You can learn what they've learned, practice it and pass it on.

**Remember** to breathe: You are an embodied being. Pay attention to your breath. By slowing it down you change focus from what's causing anxiety to what you can control.

**Re-Connect:** Trauma can make you feel alone and rob you of the ability to imagine something better. But each of us has outside people, inside strengths and the ability to choose to use social skills to bounce back.

**Rehearse:** By telling the stories of times you bounced back from a situation that was unfortunate and it had a fortunate outcome, you identify and practice the things that helped you move forward to solve problems.

**Resilience:** Human beings are built for resilience. Natural systems are, too.



## How Do We Listen For Things That Help Us and Others Bounce Back through Storytelling? Think: I Have, I Am, I Can

### I Have:

**Someone to trust:** I have at least one person—someone in my family, a friend or a teacher who loves and accepts me.

**Rules and Requirements** that show and tell me how to behave in a way that is safe, healthy and helpful. People count on me to do some jobs. If I don't follow the rules or do my jobs, there are consequences. I may be punished (not hurt) but I will always be forgiven.

**Role Models:** I know people who will show and guide me in the right way to live my life. It's not always the easy way but my role model helps me.

**A Safe Place to Be Me:** My family, adults and teachers allow me to do the things that I like to do (like sports, music, art, crafts hobbies). They support me.

**Places To Go For Help:** There are places my family or I can go to learn, get medicine, see doctors, get help to buy clothes or food, or find somebody to talk to about my feelings.

## I Am (Inside Strengths)

### I Am:

**Lovable:** I am a kind, helpful and good person. I know how to please people. I know how to get people to like me.

**Loving:** I have people I love/care about and let it show.

**Proud of Myself:** I am important to my family and friends because of who I am and what I can do.

**Responsible for me:** I can make choices to do things on my own. I am responsible to make good choices. If I make a mistake or bad choice, I can admit it and try to fix it.

**Filled with hope, faith and trust:** I trust and expect that things are going to be okay. I believe that what is good and right will win out in the end.



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