Hi, it’s Dr. Machelle. 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?