

# The Resilience Game Instructions

## About the Game

The Resilience Game is intended for professional development purposes to support understanding of the components and application of the Resilience Scale and the Nest Wellbeing Wheel.

The Resilience Game is intended to be used in conjunction with the short YouTube video **What Surrounds Us Shapes Us: A framework for building children's resilience to thrive in life.**

The animation provides an overview of the Resilience Scale metaphor and The Nest Wellbeing Wheel (depicted in Figure 1).



Figure 1: The ARACY Nest Wellbeing Wheel

## Aims of the Resilience Game

The Resilience Game aims to deepen understanding of the Nest's six wellbeing areas, and improve understanding of resilience using the scale metaphor introduced in the What Surrounds Us Shapes Us video.

During the game, you explore how the components of the resilience scale and the Nest wellbeing areas could inform your professional practice.

You use the scale metaphor and wellbeing areas to discuss a fictitious person's needs and consider suitable wellbeing supports that could be provided through your practice and more broadly in the community.

As you engage in the discussions, be mindful that you may encounter differing opinions. Our own resilience and lived experiences influence our perspectives. Please commit to being respectful and open to differing viewpoints.

**Please Note:** The Resilience Game has been designed to enhance professional capability in the workforce, and has not been designed or evaluated for use with children or clients in clinical, therapeutic, or other contexts.

The Resilience Game draws on content from:

- Alberta Family Wellness Initiative<sup>1</sup>
- Centre on the Developing Child<sup>2</sup>
- ACES literature<sup>3</sup>
- PACES literature<sup>4</sup>
- UNICEF's What Makes Me: Core Capacities for Living and Learning<sup>5</sup>
- The ARACY Nest—Australia's Wellbeing Framework for children and young people<sup>6</sup>

### Content Warning

Reflecting on our practice professionally—and thinking about our own past, including our role as a caregiver—can sometimes bring up memories and strong emotions. Please be gentle with yourself and take a break if you need it. If anything about today's discussions brings up concerns for you, please reach out for support through your professional networks, family, or friends. You may benefit from accessing one of the following agencies:

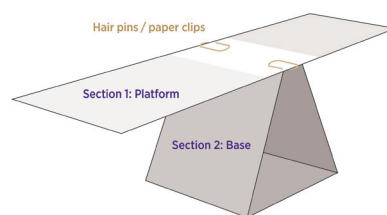
- Lifeline: **13 11 14** or [www.lifeline.org.au](http://www.lifeline.org.au)
- Beyond blue **1300 22 4643** or [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Parentline (Queensland and Northern Territory only): **1300 30 1300**
- Kids Helpline (up to 25 years): **1800 55 1800**

# The Resilience Game Components and Assembly

The game components can be printed from the resources part of the [Brain Builders website](#), cut and assembled using lowcost items as per the instructions below.

## The Resilience Scale (x1 to be printed on heavyweight A4 paper or lightweight card)

- Fold **Section 2: Base** on the fold lines to make a triangle.
- Place **tab A** flat on top of **tab B** to create a small flat strip for the platform to sit on. Stick together with BluTack/tape
- Attach **Section 2: Base** to **Section 1: Platform** using paperclips



## Resilience Weights (x36 to be printed on heavyweight A4 paper or lightweight card)

Cut along the dashed lines with scissors.

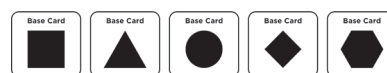
- Green weights: Positive Experiences
- Purple weights: Skills and Supports
- Red weights: Negative Experiences



## Base Cards (x5 to be printed on heavyweight A4 paper or lightweight card)

Cut along the dashed lines with scissors.

*Base Cards acknowledge an individual's unique genetic code and the interaction between this and their environment (e.g. social, physical, and system).*



## Experience Cards (x48 to be printed on heavyweight A4 paper or lightweight card)

Choose the age group to be considered in the game and print the corresponding age cards as needed.

Cut along the dashed lines with scissors.

*Experience Cards are potential experiences that players use to build a hypothetical resilience scale.*

*Cards are colour coded to align with the wellbeing areas on The Nest wellbeing wheel. (See Figure 1)*

Sort the cards into piles in the six Nest colours.

<b>Identity and Culture</b> The family's culture is not reflected or visible in their local community EXPERIENCE CARD: 0-5 YEARS	<b>Healthy</b> Has experienced chronic sleep due to violence in the family EXPERIENCE CARD: 0-5 YEARS	<b>Learning</b> Attends a high quality early childhood education and care service EXPERIENCE CARD: 0-5 YEARS
<b>Material Basics</b> Community parks are currently being rebuilt after natural disaster EXPERIENCE CARD: 0-5 YEARS	<b>Participating</b> Family does not have access to digital technology EXPERIENCE CARD: 0-5 YEARS	<b>Valued, Loved and Safe</b> Does not feel safe in their neighbourhood EXPERIENCE CARD: 0-5 YEARS

## Life Challenge sheet (x1 to be printed on normal weight A3 paper if possible)

Use at the beginning of the game to record a life challenge that a child or young person is facing, relevant to your work.

**Life Challenge Template**

On the left hand side of the page, complete details on a life challenge that a child or young person is facing that is relevant to your work. This challenge might be something broad or more specific. Only to the side are we record the challenge at the end of the game.

Write the life challenge below:

## Resilience Support Plan sheet (x1 to be printed on normal weight A3 paper if possible)

Use at the end of the game to develop a resilience plan.

**Supporting Resilience Plan**

Reflecting on this person's resilience scale, and the life challenge, please complete a resilience plan in the boxes below:

In your current role (e.g., practitioner, neighbour), where on the scale could you have an influence for this person?

What are the strengths for this person at an individual, family and community level?

Who could you work in partnership with to support this person's resilience?

What strategies could you use to better understand their situation/perspective/hopes? In what ways could you involve this child or young person in decision making?

Are there any other areas of wellbeing (e.g., need domains) that need to be considered?

# The Resilience Game Instructions

Please read all the instructions before playing the Game.

The Resilience Game is designed to be played in small groups (2-5 players recommended).

## Step 1 - Identify a current life challenge

1. As a group, decide together on one life challenge that an individual you see in your practice might experience. Some examples may include insecure housing, death of a family member, difficulties at school, flooding etc.
2. Write the life challenge on the Life Challenge sheet and put aside. You will work together to develop a Resilience Support Plan for the individual at the end of the game based on this challenge.

## Step 2 - Build your individual's resilience scale

Follow the instructions below to 'create' and 'get to know' your hypothetical individual.

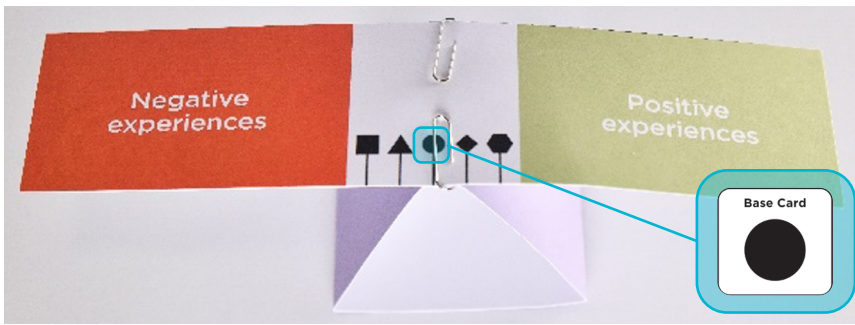
3. Randomly select one Base Card. The shape indicates where to attach the base of the scale to the platform with a paperclip. This position reflects the person's genetics and past experiences, which influence their temperament and ways of thinking.
4. Attach the platform of the scale to the base of the scale with the paperclip so that the paperclip covers the selected Base Card shape (Figure 2).
5. Place all remaining Base Cards to the side. They are no longer required for the game.
6. Sort the Experience Cards for the age group you have chosen face down into six piles—one pile for each Nest area. There should be eight cards in each pile.
7. Randomly select one card from each pile. Place the selected cards (6 in total) face down in a new pile.
9. Discuss the card as a group and decide if the card represents a positive experience, negative experience, and/or a skill/support. *Answers are not right or wrong. The discussion about the 'life experience' will inform the decision.* You may decide that the card falls into more than one category. Select corresponding-coloured weight(s). *Green = Positive / Red = Negative / Purple = Skills/support and place on the Resilience Scale platform:*
  - Green weights on the Positive Experience (green) end of the scale
  - Red weights on the Negative Experience (red) end of the scale
  - Purple weights **under** the Negative Experience (red) end of the scale*If the weights are sliding off the scale you may wish to use a piece of blu-tack to secure them to the platform.*

### You should have 6 Experience Cards in total.

- 1 x Identity and Culture (**red/pink**)
- 1 x Learning (**blue**)
- 1 x Healthy (**yellow**)
- 1 x Material Basics (**purple**)
- 1 x Values, Loved and Safe (**green**)
- 1 x Participating (**orange**)

8. From this new pile, select one card and read it out loud to the group.
10. Place the Experience Card on the table as follows:
  - 'negative': place this card near the negative (red) end of the scale
  - 'positive': place this card near the positive (green) end of the scale
  - 'skills/support': place in front of the base of the scale.
11. Repeat instructions 8 to 10 until you have discussed all six of the Experience Cards.

*You may decide the Experience Card does not 'fit' your hypothetical person's life situation so simply discard and select another card from the same Nest area pile.*



**Note:** Sliding the base acknowledges that the starting position of resilience varies across individuals. i.e. that different individuals will respond to their environments and experiences in different ways.

Figure 2: Attachment position of the platform

### Step 3 - Make a plan to support the individual's resilience

12. Once all cards have been discussed and corresponding weights added to the scale, revisit the 'Life Challenge' sheet.
13. With this life challenge in mind, develop the 'Resilience Support Plan' as a group for your hypothetical individual using the sheet provided.
 

*As you complete the plan you may decide that you would like more information, if so, select up to one additional Experience Card from each domain of the Nest to learn more about this person.*
14. Reflect together as a group on how you could incorporate the questions in the Resilience Support plan into your everyday practice with children and families.

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### References

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6. Goodhue, R & Dakin. (n.d.). *What's in the Nest? Exploring Australia's Wellbeing Framework for Children and Young People*. Australian Research Alliance for Children and Youth (ARACY). Retrieved 15 November 2023, from <https://www.aracy.org.au/the-nest-in-action/the-nest-overview>

This resource has been developed in partnership between:

