

# Positive & Adverse Childhood Experiences

## ACKNOWLEDGEMENT OF LEARNING

Complete this form to show your learning. Some agencies may accept this form for requesting credit toward learning requirements for case plans or agency learning plans.

Name \_\_\_\_\_

Date \_\_\_\_\_

Which resources did you access to learn about positive and adverse childhood experiences?



Training | Adverse Childhood Experiences & Resilience

Training | Raising Resilience

### ONLINE RESOURCES

My Number Story  
numberstory.org

PACES Connection  
pacesconnection.com

H.O.P.E.  
positiveexperience.org

Center on the Developing Child  
developingchild.harvard.edu/science/key-concepts/toxic-stress

Other:

### Key Words

**ACEs:** Adverse Childhood Experiences

**Adverse:** Harmful

**Resilience:** It's like a rubber band that can stretch and then go back to its original shape. When something difficult happens, resilient people can keep going and find ways to solve problems, including asking for help.

**Emotional Regulation:** The ability to control how you express how you feel and how you react to things that happen. It's like being the boss of your own emotions. When something makes you feel angry, sad, or happy, you can decide how to respond in a way that's appropriate and healthy.

### Share what you learned.

#### Do you have ACEs?

Find out at My Number Story  
numberstory.org/explore-your-number

Yes  No

#### Does your child(ren) have ACEs?

Find out at My Number Story  
numberstory.org/help-my-kids/help-my-kids-active

Yes  No

What are 2 other common childhood adversities beyond the ten ACEs in the original study?

①

②

What are the different levels of stress?

①

②

③

What did you learn about the brain and stress or emotions?

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**Did you (or your children) grow up with one or more of the positive childhood experiences? If so, which one(s)?** *Find out at H.O.P.E.*  
[positiveexperience.org/resources-category/fact-sheets](http://positiveexperience.org/resources-category/fact-sheets)

**What is something interesting or new you learned about becoming/staying resilient in the face of stress?**

**What emotion regulation skills do you use?**

**Did you learn about a new emotional regulation skill that you would like to try?**

**What emotional regulation skill does your child(ren) use?**

**Did you learn an emotional regulation skill that you think might be helpful for your child(ren) to learn?**