

HEALTHY ACTIVITIES for RAISING RESILIENT YOUTH – Short Form

Healthy Activities for Raising Resilient Youth [HARRY] (Tyler et al., 2024)¹ helps children think of ideas for social connection, spirituality, physical activity, gratitude, emotion regulation, and creativity that can help them cope with difficult situations and increase their wellness and hope. Use this survey to come up with activities to **CREATE**.



STEP 1

Read the statement below, and fill in the boxes for **Not Like Me**, **Somewhat Like Me**, or **A Lot Like Me** for each activity based on how much it sounds like you.

How to fill in your answers

Not Like Me

Not	Somewhat	A Lot
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Somewhat Like Me

Not	Somewhat	A Lot
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A Lot Like Me

Not	Somewhat	A Lot
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“When I am dealing with bad things in my life, I find it helpful to...”

		Not Like Me	Somewhat Like Me	A Lot Like Me
Connect	1. Talk to someone I trust.	Not	Somewhat	A Lot
	2. Watch a movie/play a game with family or friends.	Not	Somewhat	A Lot
	3. Spend one on one time with family member (ex. listen to music).	Not	Somewhat	A Lot
Renew	4. Pray or attend a religious activity (ex. youth group, meditate).	Not	Somewhat	A Lot
	5. Treat myself to something I like (ex. nails, barbershop).	Not	Somewhat	A Lot
	6. Participate in a cultural, spiritual or traditional practice (ex. family heritage celebrations, seasonal traditions, sweat lodge).	Not	Somewhat	A Lot
Exercise	7. Exercise or workout (ex. play a sport, ride a bike).	Not	Somewhat	A Lot
	8. Spend time outdoors (ex. camping, fishing, hiking).	Not	Somewhat	A Lot
Appreciate	9. Go to a community/cultural event or festival (ex. parade, powwow).	Not	Somewhat	A Lot
	10. Do something nice for someone else (ex. volunteer, help others).	Not	Somewhat	A Lot
Think	11. Try to problem-solve a situation (ex. puzzle, SODAS).	Not	Somewhat	A Lot
	12. Think of something positive (ex. set goals, use imagination).	Not	Somewhat	A Lot
Express	13. Cook or bake with family or friends (ex. cookies, BBQ).	Not	Somewhat	A Lot
	14. Build something (ex. crafts, woodworking).	Not	Somewhat	A Lot

STEP 2

Rotate the page counterclockwise  to see the height of the shaded boxes. Higher shading indicates activities the youth already identifies as helpful when dealing with challenges. Lower shading may identify opportunities to explore new resilience-building activities.

See page 2 for more ways to use the results.



USING THE RESULTS

1. The results provide a way to start thinking about how to CREATE resilience.
2. Identify the **highest-shaded categories** to understand your current strengths.
3. Discuss specific activities within those domains that can be used during stressful times.
4. Consider exploring activities from **lower-shaded categories** to broaden your resilience toolkit.
5. Come up with a list of other activities you like to do that fall into the CREATE categories.
6. Work with your family to create a personalized **CREATE Plan** based on activities rated “A Lot Like Me.”



● Connect ■ Renew ■ Exercise ★ Appreciate ▲ Think ● Express