

Focusing on...

All Five Strengths



Becoming aware of the Five Strengths and their importance for families is the first step. The next step is to learn more about how to recognize and build them within your own family. The tips, resources and activities below are designed to guide you and your family in exploring the Five Strengths.

Need a reminder of how the Five Strengths are important? Review the [Why Strength Matters](#) page.

REMEMBER: The Five Strengths = The Five Protective Factors

Tips

Be Intentional

- Learn about different aspects of the Five Strengths
 - Assess each of the Five Strengths regularly
 - Explore and *do* things that grow those strengths
 - Talk about the strengths and share them with others
 - Allow trusted friends and family to describe the Strengths they see, help you to strategize and stay motivated.
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Resources

[Need 2 Know Parent Resources](#) Protective Factors infographics, conversation guides, and tools created by parents for parents.

[Five for Families Info Sheets](#) handouts of the website as a reminder or to share with others.

[Five for Families Program](#) more than 60 activities that help caregivers reach a deeper understanding and to celebrate each of their family strengths. Find out more at a [Family Resource Center](#) near you.

Activities

[What a Week: Living the Protective Factors Coloring and Activity Book*](#) 30 coloring activities, including word games, puzzles, maps and trivia, are based on five stories about kids that introduce the “Protective Factors” or Five Strengths.

[Questionable the Game*](#) builds Strengths by encouraging bonding between family members and friends with quirky questions that spark conversation and connection with the most important people in your life.

[Living the Protective Factors: How We Keep Our Children Safe and Families Strong*](#) 57 short readings, questions and activities that guide parents in thinking about Strengths, especially when feeling stuck.

[Living the Protective Factors Playbook*](#) a guided journal full of fun activities to explore your Strengths.

* These resources require purchase.