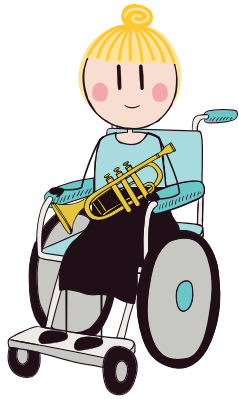


RESILIENCE

Name:



Meet The characters!



Chloe

Likes: Chocolate, fashion

Dislikes: Hot weather

Hobbies: Photography, trumpet



Maya

Likes: The ocean, whales

Dislikes: Cleaning her room

Hobbies: Surfing, saxophone



Hugo

Likes: His rabbit, pizza

Dislikes: Chocolate

Hobbies: Playing with his baby brother, singing



Pablo

Likes: Video games, fruit smoothies

Dislikes: Waking up early

Hobbies: Painting, bike riding



Layla

Likes: Mystery novels, pop music

Dislikes: Rainy weather

Hobbies: Reading, baking



Sheng

Likes: The outdoors, science

Dislikes: Soda

Hobbies: Bird watching, reading

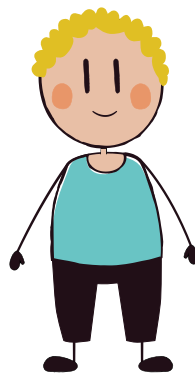


Ruby

Likes: Dachshunds, math

Dislikes: Long car rides

Hobbies: Origami, basketball

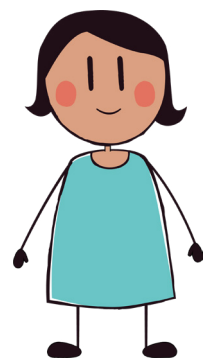


OTTO

Likes: Puzzles, ice cream

Dislikes: Grumpy people

Hobbies: Swimming, baking



Priya

Likes: Sushi, hip-hop music

Dislikes: Spicy food

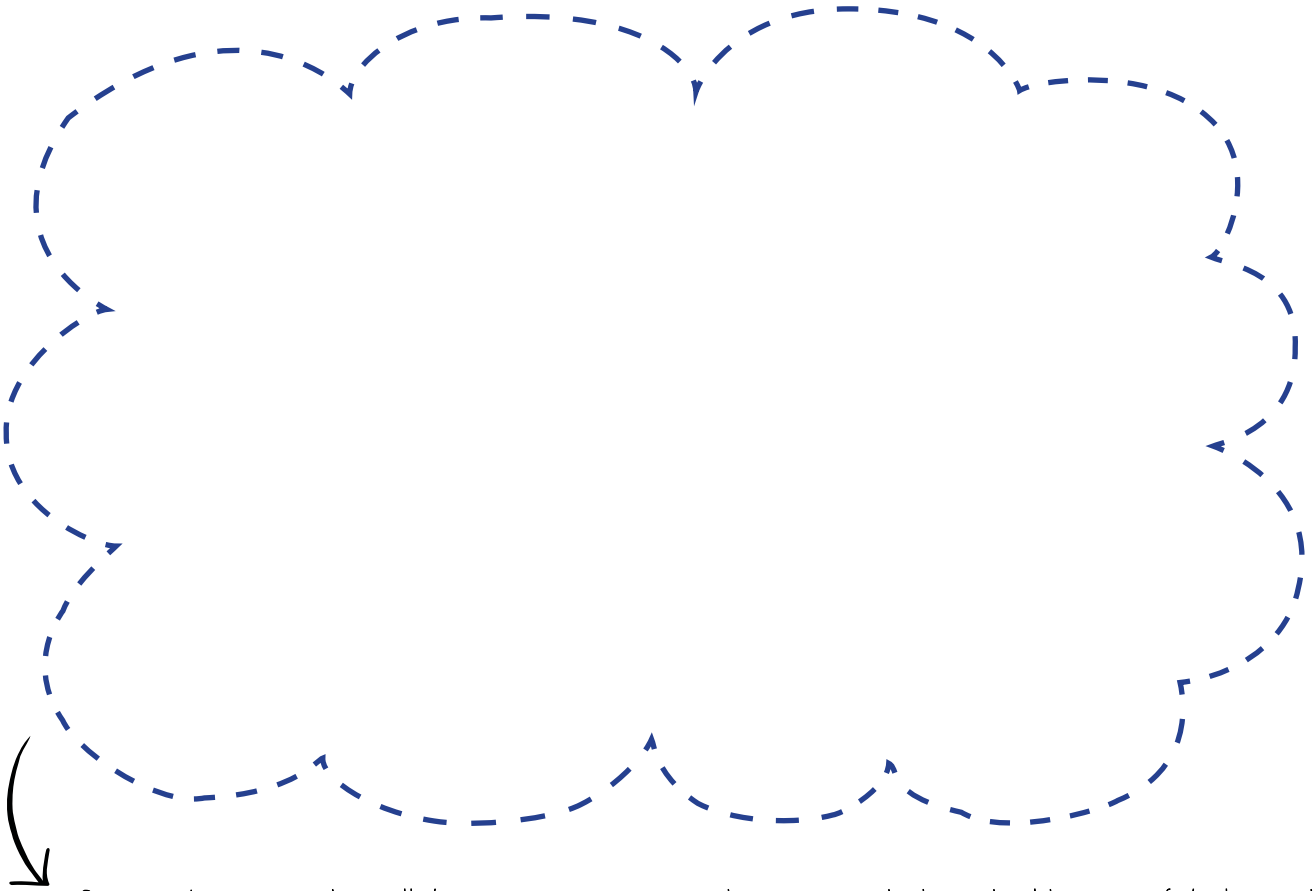
Hobbies: Beatboxing, football

Responding To Emotions

Day 1

What things do you do when you feel a strong emotion (either good or bad)?

Write them below.



Once you've written them all down, put a star next to the ones you think are healthy ways of dealing with emotions, and a cross next to any that are unhealthy.

Do you think there are any ways that you can improve your response to emotions?

What does "resilience" Look Like?

- You are able to bounce back from hard times.
- You are able to adjust to unexpected changes.
- You are flexible when your plans don't work.
- You are able to learn and grow from your mistakes.
- You are optimistic and believe things will get better.
- You keep going even if you're knocked down!

Tips To Develop Your Resilience

Day 2

Would you like to develop your resilience? Here are some tips to help you!

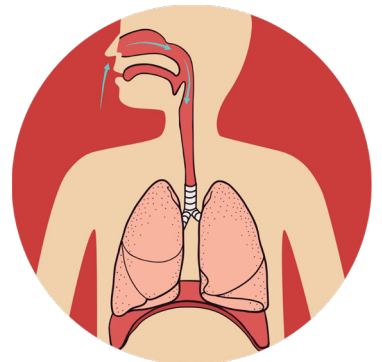
Tip 1:
Find healthy ways to deal
with stressful times.



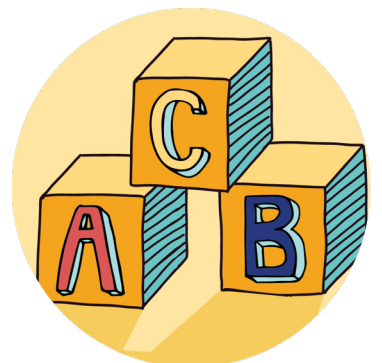
Tip 2:
Accept that change is
a part of life.



Tip 3:
Take some deep breaths.



Tip 4:
Learn flexibility.



Practicing Your Resil-

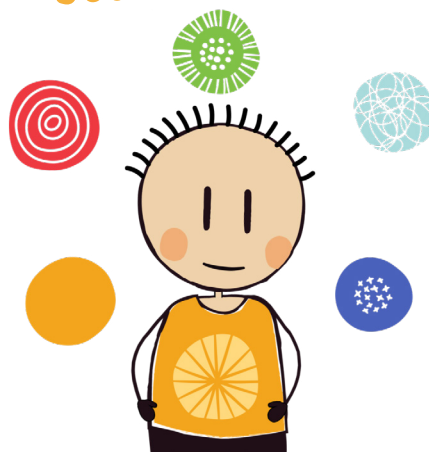
Read the scenarios below. Based on the tips on the previous page, how could you handle these scenarios in a resilient way? Write your solutions in the empty boxes.

It's lunch time and your friend won't share the sports equipment with you.

You are moving house, which means you need to change schools and leave your friends behind.

You didn't get the results you expected on a test, even though you tried really hard.

Your parents yelled at you this morning about your behavior.



My Resilience Story

Day 3

Think about a time in your life when you were resilient.

Draw a picture of it, and write a short summary about what happened and how you were resilient.



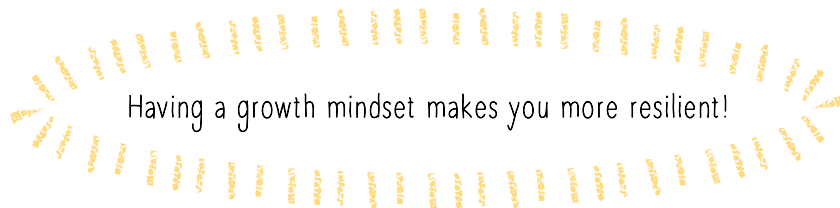
Don't Give up on Growth!

Day 4

When something seems too hard, do you usually become frustrated and give up? Or do you see it as a challenge and keep trying until you reach your goal?

This is the difference between having a **fixed mindset** and a **growth mindset**.

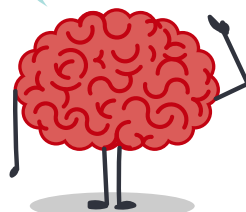
If you have a fixed mindset, you give up when things are hard because you don't believe you can improve or grow. If you have a growth mindset, you see challenges as an opportunity to learn new things and grow.



Here are some common things that someone with a fixed mindset would say, and what someone with a growth mindset would say instead.

Fixed Mindset Statements	Growth Mindset Statements
I'll never get it right.	I just haven't got it right yet!
I'm not good at this.	What am I missing?
This is too hard.	This is challenging and will take some time.
I can't do this!	Is there another strategy I can use?
I give up.	I'm going to try a different approach.
I'll never be as smart as them.	I can get there with more practice.
This work is good enough.	How can I improve this work?
I made a mistake - this is useless.	Mistakes help me learn and mean I'm one step closer.

You can make your brain stronger by taking on new challenges!



Don't Give up on Growth!

If you have a growth mindset and run into a problem, what are some things you might say to yourself?

Write them in the speech bubbles below!

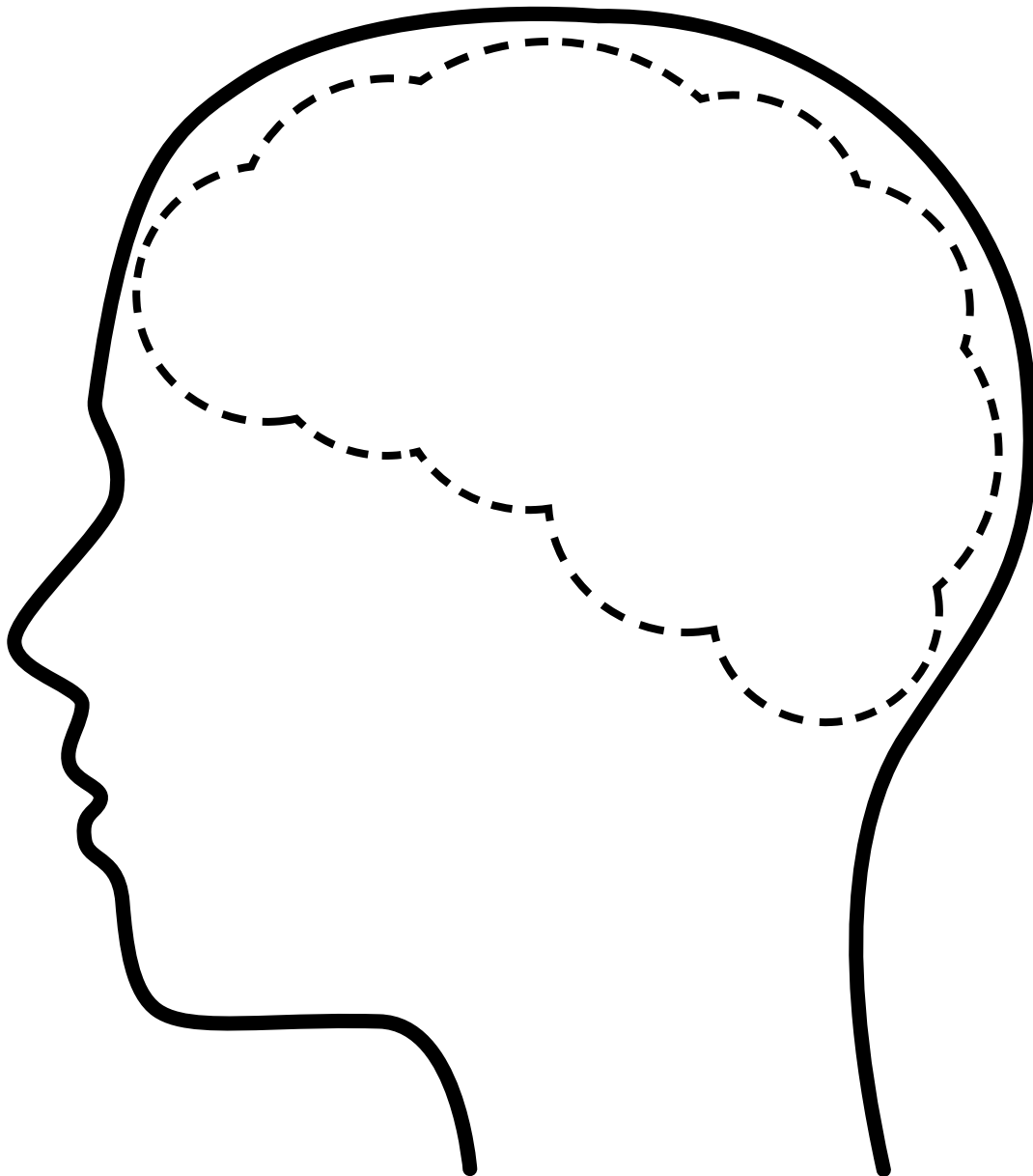


What's inside a Healthy Mind?

Day 5

What do you think a healthy mind looks like? What kind of thoughts does it have? What kind of actions does it encourage you to do? What kind of attitude does it have?

Inside the brain below, write down the thoughts and feelings a healthy mind would have!



What strategies are you going to try to use from now on to increase your positive thoughts and resilience?