

MY RESILIENT MONSTER



Session Objective:

- *Students will identify how their body feels and looks when they are resilient.
- *Students will recognize different actions that make them more resilient.

Materials:

- *Pencils
- *Crayons
- *My Resilient Monster handouts

Guiding Questions:

- *How do we look when we are resilient?
- *What are some things that make us feel more resilient?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS 1)

SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

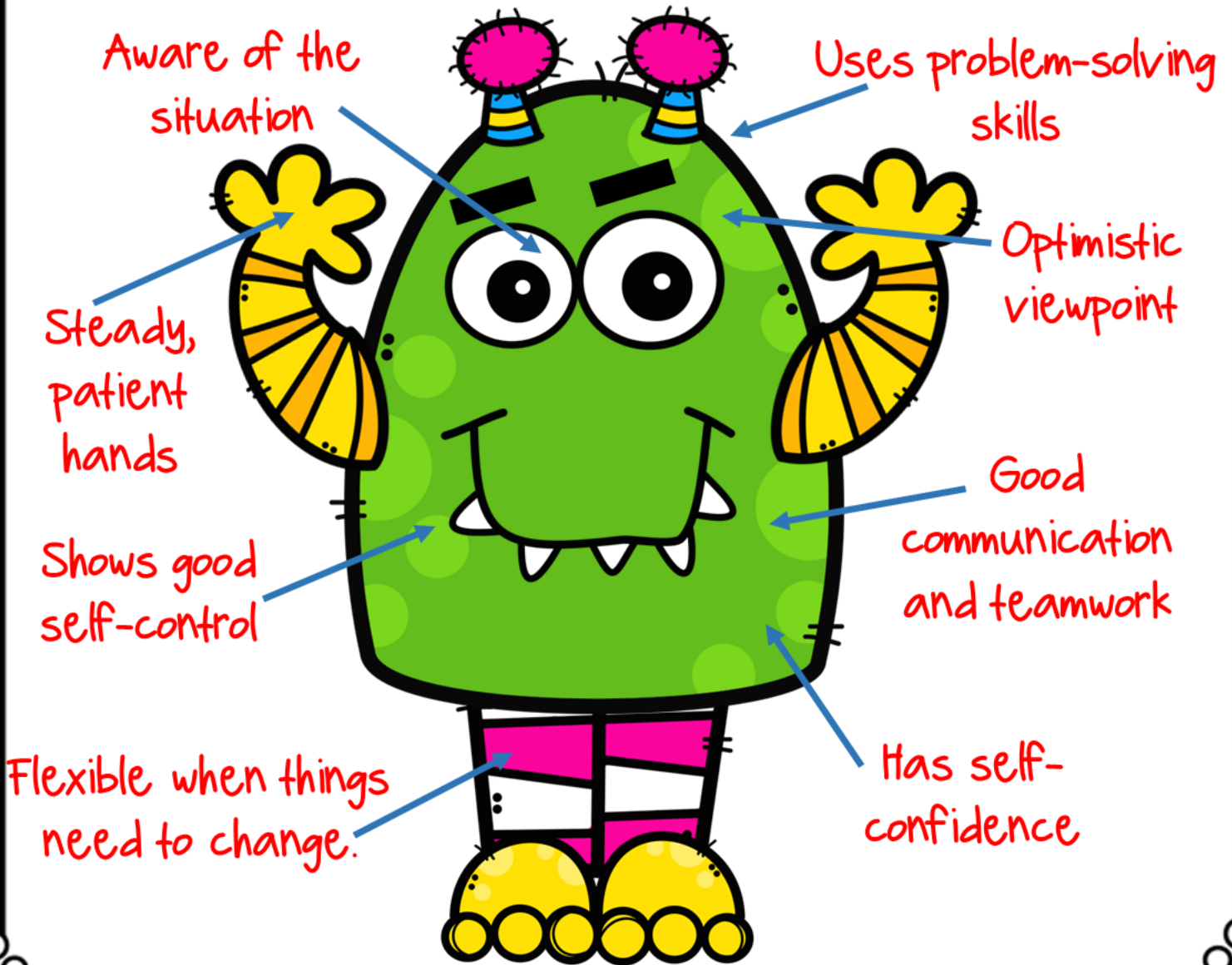
Session Details (about 30 minutes)

*My Resilient Monster activity: "Being resilient means having the capacity to withstand or to recover quickly from difficulties. It's important to identify how resilience looks, and things that help us be more resilient. Some of these things might be support from family and friends, having self-confidence, and optimism." Pass out the resilient monster handout. Show them the example of the one that is completed. "This is your resilient monster, describe how you look or act when resilient then share with the group. You will notice some of us are resilient in different ways." Pass out the color my monster handouts. "Now that we know how we look when resilient, let's find out when we are resilient and times where we struggle to be, color in the monster based on the color code and then we will discuss who has similar things that make them resilient." Once everyone has completed their pages, go through each one and discuss why they put each answer. Next, give them the last two pages to complete about people and places that make them more or less resilient.

My Resilient



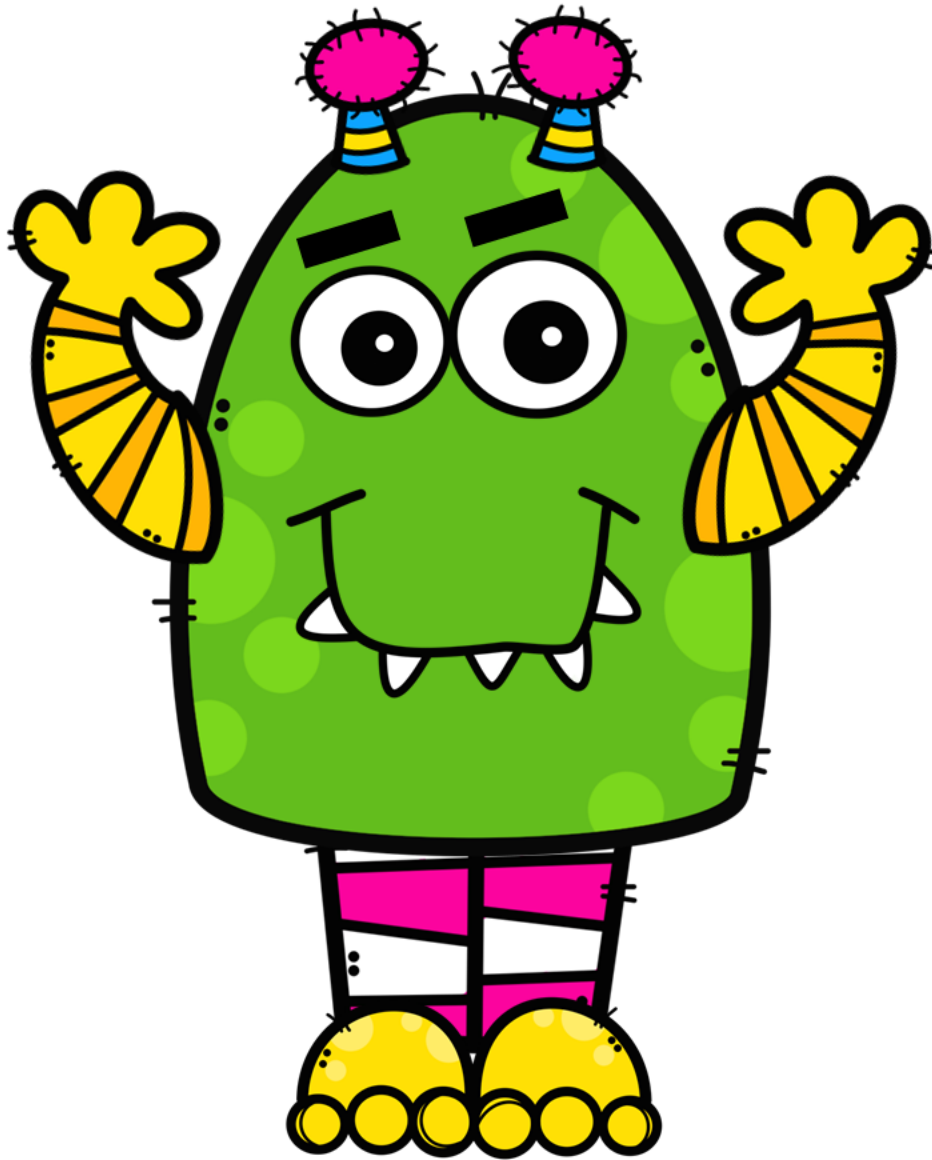
What happens to your body when you are resilient?



My Resilient



What happens to your body when you are resilient?



Color your Resilient Monster



Not
Resilient



A little
Resilient



VERY
Resilient

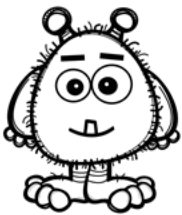
Color the monsters using the color code above, based on how you would feel to each given situation.



Someone calls
me names.



Someone does not
share with me.



Someone won't
let me pick what
game we play.



Someone gets
in my face.



Someone has
something that I
want.



You are having
some hard times
at home.



You are in an
argument with
your best friend.



You are having
some hard times
at school.

Color your Resilient Monster



Not
Resilient



A little
Resilient



VERY
Resilient

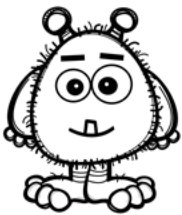
Color the monsters using the color code above, based on how you would feel to each given situation.



Someone
teases me.



Someone bosses
me around.



Someone breaks
my stuff.



Someone won't
let me play.



Someone beats
me at a game.



Someone bumps
into me.



Someone gets in
my way.



Someone
tattles on me.

Color your Resilient Monster



Not
Resilient



A little
Resilient



VERY
Resilient

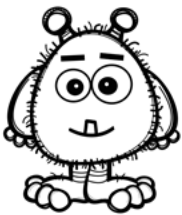
Color the monsters using the color code above, based on how you would feel to each given situation.



Someone laughs
at me.



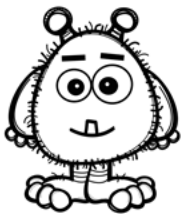
Someone does not
include me.



Someone makes
me feel stupid.



I don't get what I
wanted for my
birthday.



Someone does
not listen to me.



I get a bad
grade.



Someone asks me
to do something I
don't want to do.



I get in trouble.

my



Resilient Monster

The people in our life can help us bring out our Resilient Monster, list what these people do that help you to be more resilient.

I am able to be more resilient when my:

Mother

Father

Brother

Sister

Grandparent

Teacher

Coach

Friend

My



Resilient Monster

Some places cause our Resilient Monster to show itself, describe what happens in these areas in your life.

I am resilient when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

BLACK AND WHITE VERSION

MY RESILIENT MONSTER



Session Objective:

- *Students will identify how their body feels and looks when they are resilient.
- *Students will recognize different actions that make them more resilient.

Materials:

- *Pencils
- *Crayons
- *My Resilient Monster handouts

Guiding Questions:

- *How do we look when we are resilient?
- *What are some things that make us feel more resilient?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS 1)

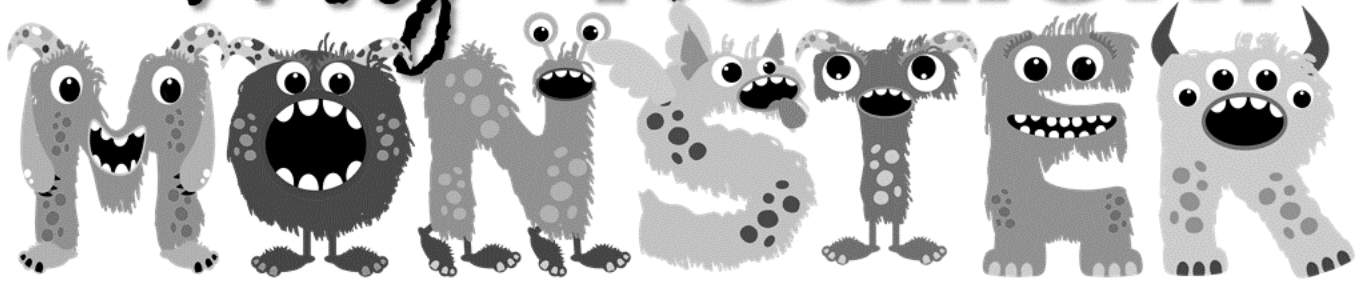
SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

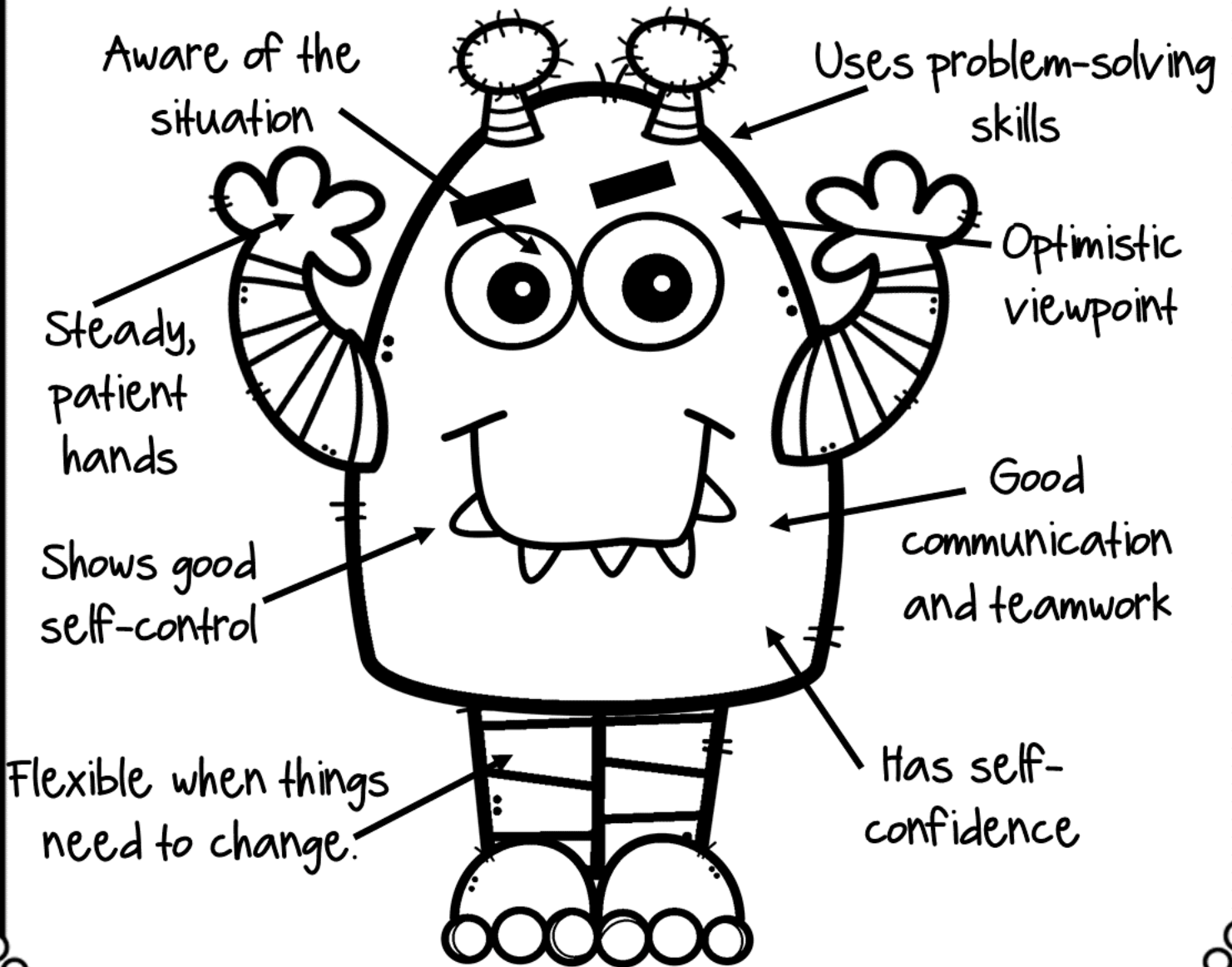
Session Details (about 30 minutes)

*My Resilient Monster activity: "Being resilient means having the capacity to withstand or to recover quickly from difficulties. It's important to identify how resilience looks, and things that help us be more resilient. Some of these things might be support from family and friends, having self-confidence, and optimism." Pass out the resilient monster handout. Show them the example of the one that is completed. "This is your resilient monster, describe how you look or act when resilient then share with the group. You will notice some of us are resilient in different ways." Pass out the color my monster handouts. "Now that we know how we look when resilient, let's find out when we are resilient and times where we struggle to be, color in the monster based on the color code and then we will discuss who has similar things that make them resilient." Once everyone has completed their pages, go through each one and discuss why they put each answer. Next, give them the last two pages to complete about people and places that make them more or less resilient.

My Resilient



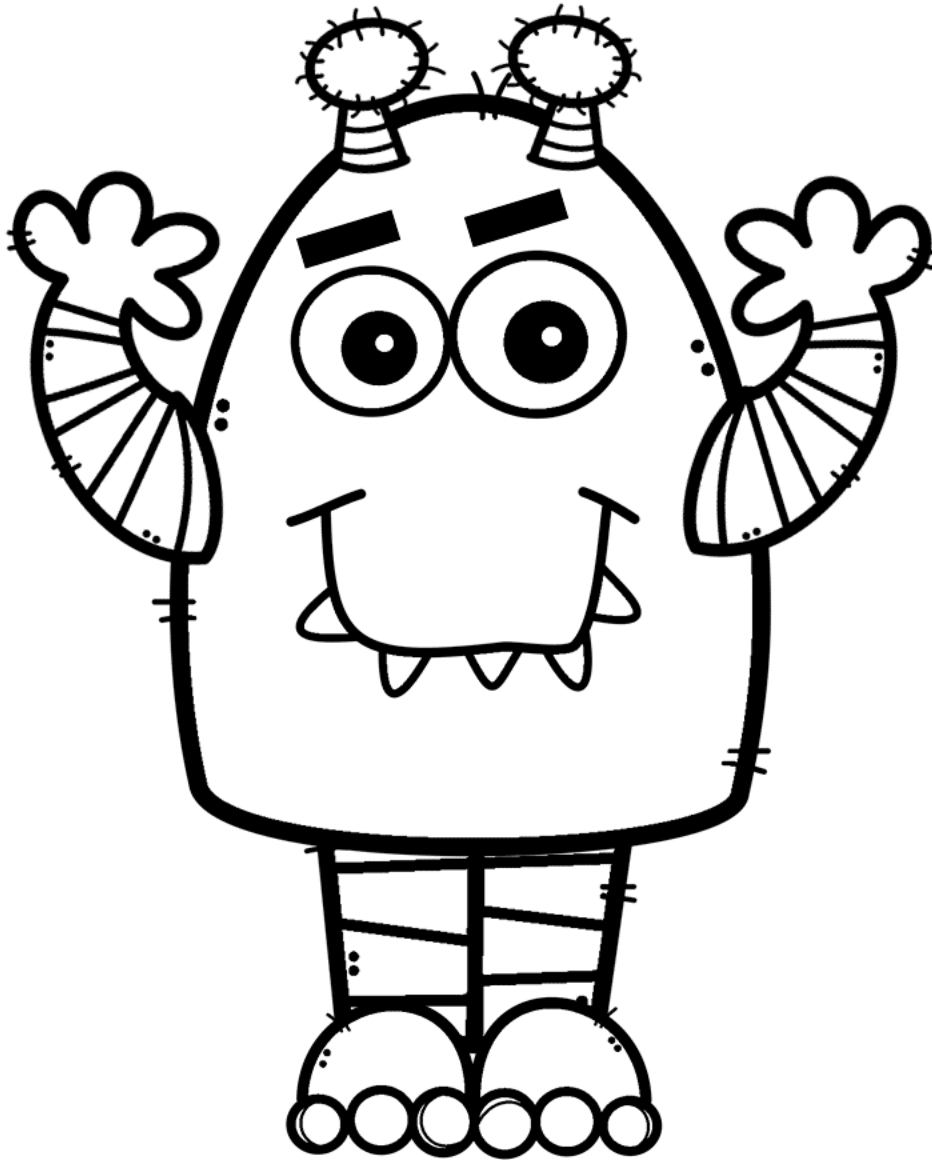
What happens to your body when you are resilient?



My Resilient



What happens to your body when you are resilient?



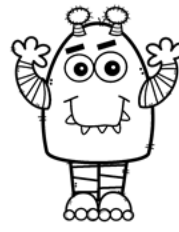
Color your Resilient Monster



Not
Resilient
(red)



A little
Resilient
(yellow)



VERY
Resilient
(green)

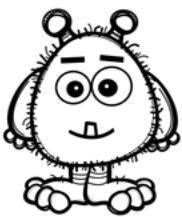
Color the monsters using the color code above, based on how you would feel to each given situation.



Someone calls me names.



Someone does not share with me.



Someone won't let me pick what game we play.



Someone gets in my face.



Someone has something that I want.



You are having some hard times at home.



You are in an argument with your best friend.



You are having some hard times at school.

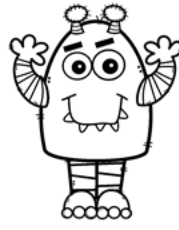
Color your Resilient Monster



Not
Resilient
(red)



A little
Resilient
(yellow)



VERY
Resilient
(green)

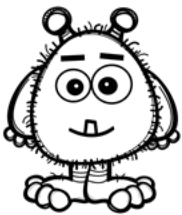
Color the monsters using the color code above, based on how you would feel to each given situation.



Someone teases me.



Someone bosses me around.



Someone breaks my stuff.



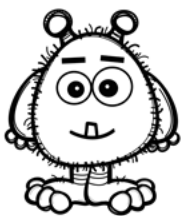
Someone won't let me play.



Someone beats me at a game.



Someone bumps into me.



Someone gets in my way.



Someone tattles on me.

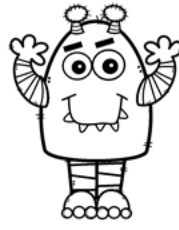
Color your Resilient Monster



Not
Resilient
(red)



A little
Resilient
(yellow)



VERY
Resilient
(green)

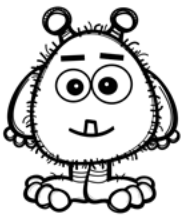
Color the monsters using the color code above, based on how you would feel to each given situation.



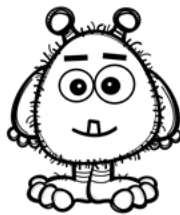
Someone laughs at me.



Someone does not include me.



Someone makes me feel stupid.



I don't get what I wanted for my birthday.



Someone does not listen to me.



I get a bad grade.

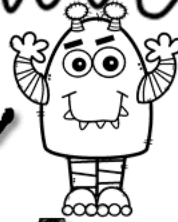


Someone asks me to do something I don't want to do.



I get in trouble.

my



Resilient Monster

The people in our life can help us bring out our Resilient Monster, list what these people do that help you to be more resilient.

I am able to be more resilient when my:

Mother

Father

Brother

Sister

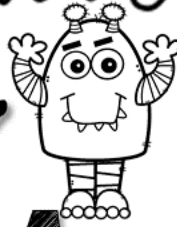
Grandparent

Teacher

Coach

Friend

My



Resilient Monster

Some places cause our Resilient Monster to show itself, describe what happens in these areas in your life.

I am resilient when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [My Resilient Monster](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

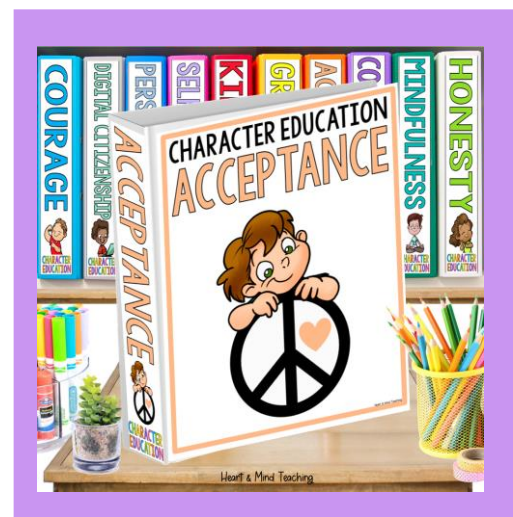
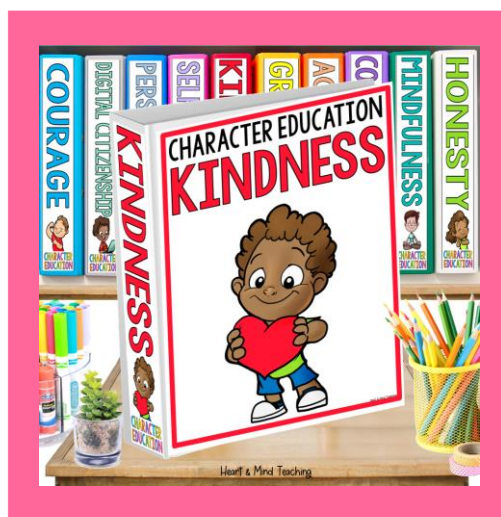
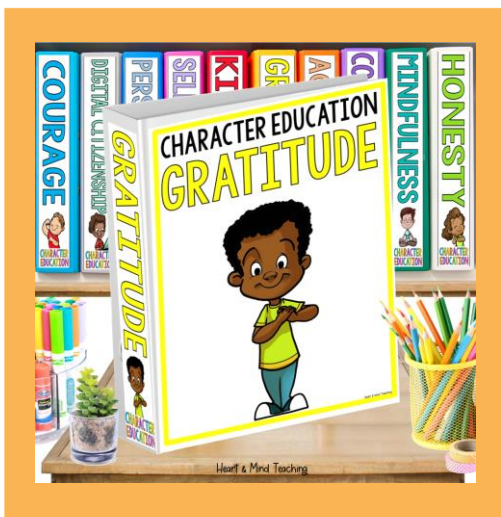
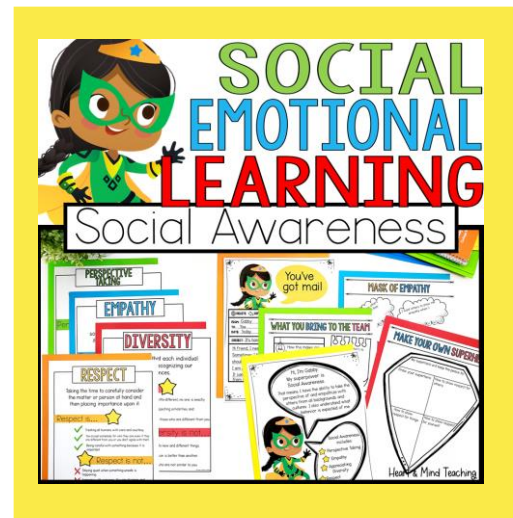
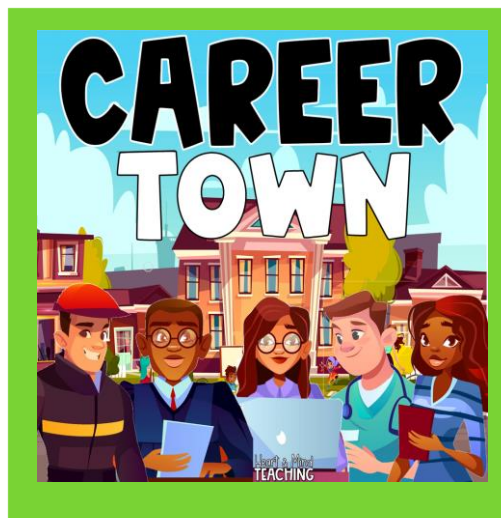
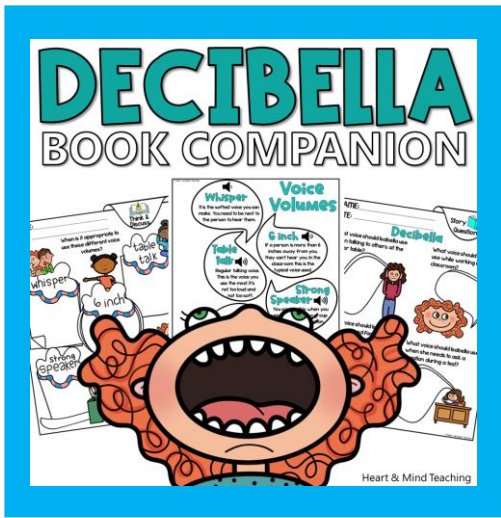
[Helpful links for using Google Classroom:](#)

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR Collab

with Laura & Ashley



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART + MIND
TEACHING



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

LET'S BE FRIENDS

Ashley

Access my
Freebie
Library



FOLLOW FOR EXCLUSIVE SAVINGS

New products are 50% off for 24hrs.

CLICK HERE

★ HOW CAN YOU EARN TPT CREDITS? When you leave feedback, TpT rewards you with credits that you can use toward future purchases.

ACCESS MY FREEBIE LIBRARY

Join my Newsletter to be informed of all future added freebies.

I WANT FREEBIES

TERMS OF USE

© Heart and Mind Teaching, 2023. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. **You may NOT post my products on any public, for-profit, or commercial websites or entities, such as Outschool.** Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.



If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

CREDITS

