

CHARACTER EDUCATION

RESILIENCE



RESILIENCE



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RESILIENCE

PARENT LETTER

Hello Parents,

As students move through the middle school years, they face new academic challenges, social changes, and increasing expectations. One important skill that helps them navigate these experiences is resilience—the ability to bounce back from setbacks, learn from mistakes, and keep trying even when things feel difficult.

At school, we encourage students to practice resilience by using positive self-talk, problem-solving when challenges arise, asking for help when needed, and learning from both successes and failures. These skills help students build confidence, independence, and perseverance.

You can help reinforce resilience at home in a few simple ways:

- **Focus on effort, not perfection.** Praise hard work, persistence, and improvement rather than just results or grades.
- **Normalize mistakes.** Talk about challenges as learning opportunities and share times when you had to try more than once.
- **Encourage problem-solving.** Instead of fixing problems right away, ask questions like, “What could you try next?”
- **Model resilience.** Show calm, flexible responses when plans change or things don’t go as expected.

When students see resilience modeled and supported both at home and at school, they are more likely to develop confidence and a growth mindset. Thank you for partnering with us to help your child build the skills they need to face challenges and continue growing.

RESILIENCE

WRITING PROMPTS

1. Describe a challenge you faced and how your response showed resilience.
2. When does it feel hardest to stay resilient, and why do you think that is?
3. Who is someone you admire for their resilience, and what have you learned from them?
4. How can resilience help you with long-term goals, not just short-term tasks?
5. Write about how you handled a failure or setback and what you would do differently next time.
6. What strategies can you use to stay motivated when progress feels slow?

RESILIENCE

SCENARIO ROLE PLAYS

Scenario: Your group realizes you completed a big part of the assignment incorrectly.

Act out: How you talk together, stay calm, divide tasks, and fix the mistake without blaming each other.

Scenario: You freeze during your class presentation.

Act out: Taking a deep breath, using positive self-talk, and continuing even if embarrassed.

Scenario: Your online assignment deletes right before submitting.

Act out: Asking for help, restarting, and staying patient while re-doing the work.

Scenario: You don't get selected for a team or performance you practiced for.

Act out: Handling disappointment, congratulating others, and planning how to improve for next time.

Scenario: You're the last one still working during a timed class assignment.

Act out: Staying focused on your own progress, using strategies, and not comparing yourself to others.

RESILIENCE

MORNING ANNOUNCEMENTS

Name: _____

Date: _____

***Week 1:** We are learning all about Resilience. We defined being resilient as not giving up and staying positive, even when something is hard or doesn't go your way. Some ways you can be resilient at school are to keep trying even when work feels hard, use positive self-talk like "I can do this", bounce back after losing a game or not being chosen, and to try different strategies when the first one doesn't work.

***Week 2:** We are continuing to learn all about Resilience. Remember being resilient means not giving up and staying positive, even when something is hard or doesn't go your way. Some ways that you can be cooperative at home are trying new chores or responsibilities even if they are challenging, keep practicing a new hobby like riding a bike or playing an instrument, and try again after a disagreement with siblings.

***Week 3:** We are continuing to learn all about Resilience. Remember being resilient means not giving up and staying positive, even when something is hard or doesn't go your way. Some ways that you can be cooperative in your community is by trying new clubs or sports, even if you feel nervous, adapt when plans change, and help others even when things feel tough.

***Week 4:** As we continue to learn about Resilience, let's reflect on this quote by Confucius, "Our greatest glory is not in never falling, but in rising every time we fall." This means you learn and succeed more by making mistakes, learning from them, and overcoming it. What is one way you will show resilience today?

***Week 5:** Resilience is an essential trait to have for many careers. Farmers for example show a lot of resilience. Farmers work hard every day to grow food and take care of animals that people rely on. Their job can be challenging because they cannot control things like weather, insects, or plant diseases. Sometimes crops don't grow the way they hoped, or animals get sick, and they have to find new ways to solve problems. They learn from each season, use new tools and ideas, and keep going to make sure their farms succeed and their communities have food to eat. How will you show resilience in your future career?

***Week 6:** Resilience is also shown by many leaders throughout history and is an important feature of being a leader. One such leader was James Dyson, an inventor, and billionaire entrepreneur who founded the vacuum company, Dyson. Dyson started testing his vacuum idea, but nothing worked. He spent 15 years making more than 5,000 different versions of his invention before he finally made a version that worked. Now, his Dyson vacuum cleaners are sold all over the world. Mr. Dyson once said "We have to embrace failure and almost get a kick out of it. Life is a mountain of solvable problems, and I enjoy that." How will you be a leader and show resilience today?

I SHOWED
RESILIENCE



I SHOWED
RESILIENCE



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RESILIENCE



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RESILIENCE



I CAN SHOW RESILIENCE

BY

BOUNCING BACK
FROM *challenges*
BY STAYING

positive,

LEARNING FROM
mistakes, AND

continuing to try

EVEN WHEN
THINGS ARE

difficult.



CHARACTER EDUCATION

I CAN SHOW RESILIENCE

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CHARACTER EDUCATION

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CHARACTER EDUCATION

RESILIENCE

PRE-SURVEY

Name: _____

Date: _____

I am learning to be resilient.



Always



Sometimes



Hardly



Never

I keep trying when something feels challenging.				
I can learn from mistakes instead of giving up.				
I use positive self-talk to stay motivated.				
I ask for help when I need support.				
I stay calm and problem-solve when things don't go as planned.				
I adjust my approach and try new strategies if the first one doesn't work.				
I bounce back from setbacks and continue working toward my goals.				

RESILIENCE

POST-SURVEY

Name: _____

Date: _____

I am learning to be resilient.



Always



Sometimes



Hardly



Never

I keep trying when something feels challenging.				
I can learn from mistakes instead of giving up.				
I use positive self-talk to stay motivated.				
I ask for help when I need support.				
I stay calm and problem-solve when things don't go as planned.				
I adjust my approach and try new strategies if the first one doesn't work.				
I bounce back from setbacks and continue working toward my goals.				

RESILIENCE GOOD CHARACTER AWARD

Presented to:

Teacher



Date

RESISTANCE GOOD CHARACTER AWARD

Presented to:



Teacher

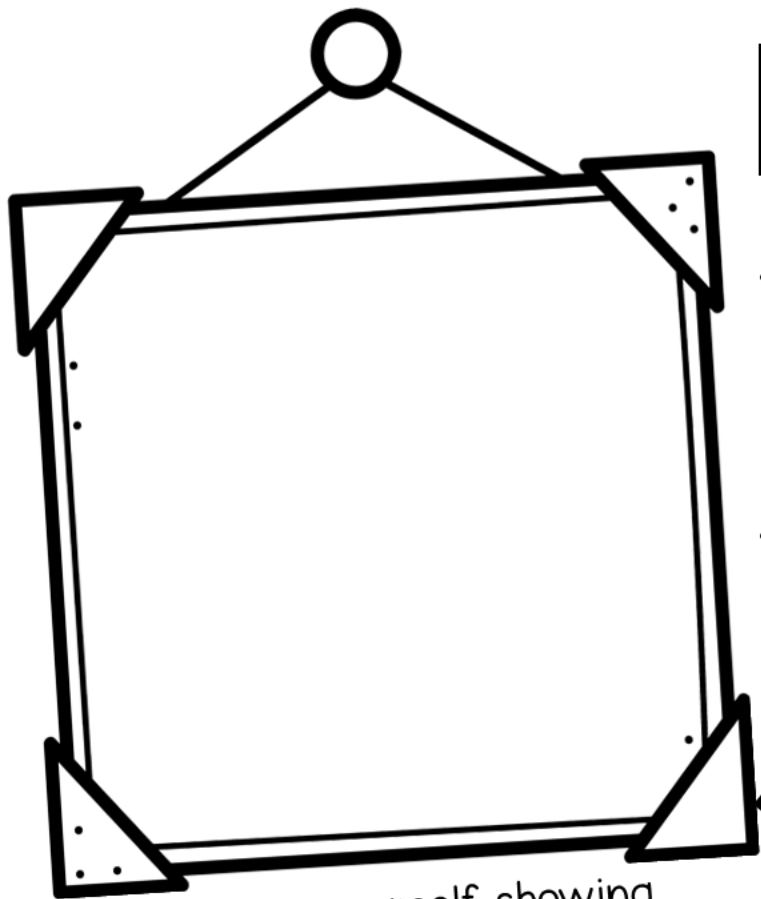
Date

RESILIENCE

WAYS TO BE RESILIENT

Name: _____

Date: _____

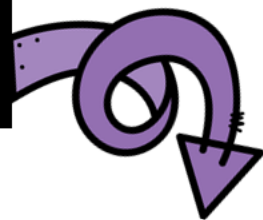


Draw yourself showing resilience.

I can show resilience by...



What does resilience mean to me?



RESILIENCE

WAYS TO BE RESILIENT

Name: _____

Date: _____



Ways I can be resilient at School



- Keep trying even when classwork is challenging
- Ask teachers or peers for help when stuck
- Learn from feedback instead of feeling discouraged
- Stay calm and refocus after making a mistake
- Participate in class even when feeling nervous
- Bounce back after a low grade or rough day
- Use positive self-talk during tests or presentations



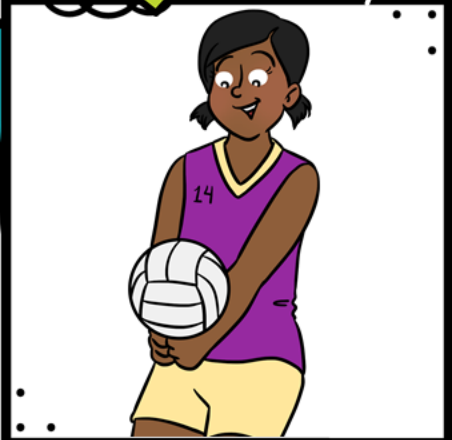
Ways I can be resilient at Home



- Stay patient when routines or plans change
- Practice new skills (chores, homework, hobbies) until they improve
- Work through disagreements calmly instead of shutting down
- Try again after failing at something the first time
- Ask for help or take a break when feeling overwhelmed
- Manage emotions in a healthy way when frustrated



Ways I can be resilient in my Community



- Try new activities, sports, or clubs even if they feel challenging
- Keep practicing a sport or skill after losing or struggling
- Stay positive when meeting new people or joining new groups
- Handle disappointment calmly when events don't go as planned
- Show perseverance during community events, volunteering, or teamwork
- Learn from mistakes made in public settings and try again

RESILIENCE

WAYS TO BE RESILIENT SORT

Name: _____

Date: _____

Ways I can show resilience
in my School

Ways I can show resilience
in my Home

Ways I can show resilience
in my Community

RESILIENCE

STUDENTS WITH CHARACTER

Name: _____

Date: _____

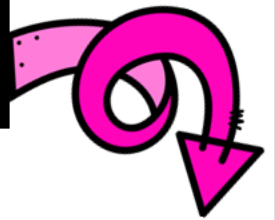
Resilient Students

LEG BRACE



At the start of the school year, Alyssa began wearing a leg brace after an injury that made walking, standing, and moving between classes more challenging than before. Some days, the brace felt uncomfortable, and she worried about drawing attention when classmates noticed or asked questions. A few times, she felt frustrated when she couldn't move as quickly as her friends or had to sit out of certain activities. Instead of letting those moments stop her, Alyssa focused on what she could control. She planned extra time to get to class, communicated with her teachers when she needed accommodations, and continued participating in lessons and group work. When she felt discouraged, she reminded herself that healing takes time and that progress doesn't happen all at once.

How did this student show Resilience?



RESILIENCE

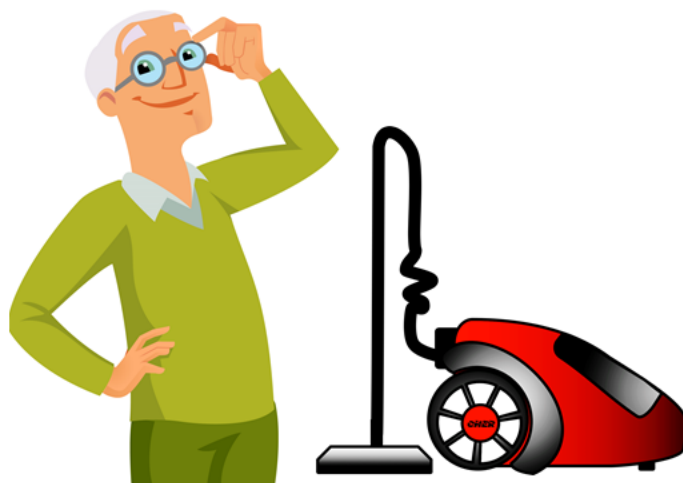
LEADERS WITH CHARACTER

Name: _____

Date: _____

Resilient Leaders

JAMES DYSON



James Dyson is a British inventor, industrial designer, farmer and billionaire entrepreneur who founded the vacuum cleaner company, Dyson. He is best known as the inventor of the dual cyclone bagless vacuum cleaner. James Dyson initially had an idea of how to make a better vacuum cleaner. He started testing his ideas, but none of them worked. He spent 15 years making more than 5,000 different versions of his invention before he finally made a version that worked. Now, his Dyson vacuum cleaners are sold all over the world. Mr. Dyson once said "We have to embrace failure and almost get a kick out of it. Life is a mountain of solvable problems, and I enjoy that."

How did James Dyson show Resilience?

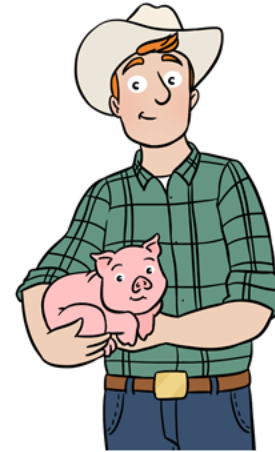


RESILIENCE

CAREERS WITH CHARACTER

Name: _____

Date: _____

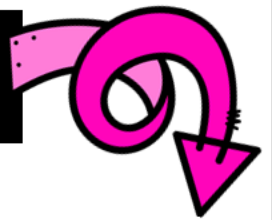


Resilient Careers

FARMER

Farmers work hard every day to grow food and take care of animals that people rely on. They wake up early, plant crops, feed animals, and make sure everything stays healthy. Their job can be challenging because they cannot control things like weather, insects, or plant diseases. Sometimes crops don't grow the way they hoped, or animals get sick, and they have to find new ways to solve problems. Farmers stay strong, trying again, and never giving up even when work is difficult. They learn from each season, use new tools and ideas, and keep going to make sure their farms succeed and their communities have food to eat.

How do Farmers show Resilience?



RESILIENCE

DIGITAL CHARACTER

Name: _____

Date: _____

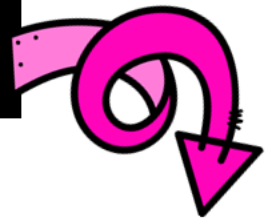
Digital Resilience

TECH PROBLEMS



During an online science assignment, Maya spent over an hour creating slides, adding images, and carefully writing notes. Just as Maya clicked the submit button, the website froze and an error message appeared. When she refreshed the page, much of her work was missing. Feeling frustrated and stressed, especially with the deadline coming up, Maya thought about giving up for a moment. Instead, she took a short break, took a few deep breaths, and reminded herself that technology problems happen to everyone. Maya checked saved drafts, reopened the assignment, and emailed her teacher to explain what had happened. Then, she patiently rebuilt the missing slides and double-checked that everything saved correctly. Even though it took extra time and effort, Maya stayed calm, asked for help, and didn't quit.

How did she show digital resilience?



RESILIENCE

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about resilience and respond.

What does
resilience mean to
you in your own
words?

Why is resilience an
important skill for
middle school
students to have?

Describe a time you
faced a challenge and
didn't give up. What
helped you keep
going?

RESILIENCE

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about resilience and respond.

How do mistakes help you grow, even when they feel frustrating?

What is the difference between quitting and taking a healthy break?

How can positive self-talk change the way you handle challenges?

RESILIENCE

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about resilience and respond.

When something
doesn't go as
planned, what is
one resilient choice
you can make?

Why is asking for help
a sign of strength, not
weakness?

How can resilience
help you during tests,
projects, or
presentations?

RESILIENCE

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about resilience and respond.

What role does resilience play in friendships and social situations?

How do you usually react to setbacks, and how could you respond more resiliently?

What strategies help you calm down when you feel overwhelmed?

RESILIENCE

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about resilience and respond.

How can learning
from failure help
you succeed in the
future?

Why is it important to
keep trying even
when others seem
more successful?

How does resilience
help you adapt when
plans change
suddenly?

RESILIENCE

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about resilience and respond.

What is one area of your life where you want to build more resilience?

How can you support a friend who is struggling to stay resilient?

How might being resilient now help you later in high school and beyond?

RESILIENCE

MULTIPLE CHOICE

Name: _____

Date: _____

RESILIENCE: COLOR THE CHECKMARK OF YOUR ANSWER.

You studied for a test but didn't get the grade you wanted.

Review your mistakes and make a plan to improve

Decide you're just bad at the subject

Blame the teacher

You feel nervous presenting in front of the class.

Refuse to present

Take a deep breath and try your best

Pretend to be sick

Your group project didn't turn out how you hoped.

Blame your group members

Give up on the assignment

Reflect on what went wrong and learn from it

RESILIENCE

MULTIPLE CHOICE

Name: _____

Date: _____

RESILIENCE: COLOR THE CHECKMARK OF YOUR ANSWER.

You try out for a team
and don't make it.

Make fun of the team

Avoid sports completely

Keep practicing and try
again later

Technology deletes
part of your
assignment.

Get angry and quit

Stay calm and redo what
you can

Say it's unfair and stop
working

You make a mistake
during class and
others notice.

Accept it and keep
going

Get defensive

Leave the room

RESILIENCE

MULTIPLE CHOICE

Name: _____

Date: _____

RESILIENCE: COLOR THE CHECKMARK OF YOUR ANSWER.

You feel overwhelmed
by homework and
activities.

Avoid everything

Break tasks into smaller
steps

Stay up all night
panicking

A friend succeeds at
something you
struggled with.

Congratulate them and
keep working

Feel jealous and quit

Put yourself down

You don't understand
a lesson the first
time.

Decide you can't learn it

Pretend you understand

Ask questions or seek
help

RESILIENCE

MULTIPLE CHOICE

Name: _____

Date: _____

RESILIENCE: COLOR THE CHECKMARK OF YOUR ANSWER.

Plans change suddenly
and you're disappointed



Complain the rest of the
day

Get angry and shut down

Adjust your attitude and
make a new plan

You're the last one to
finish an assignment.

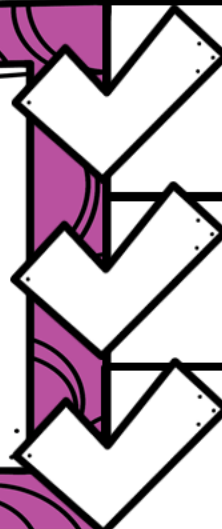


Focus on your progress
and finish carefully

Rush and do sloppy work

Quit halfway

You receive constructive
feedback on your work.



Ignore it

Use it to improve next
time

Feel embarrassed and
quit

RESILIENCE

MULTIPLE CHOICE

Name: _____

Date: _____

RESILIENCE: COLOR THE CHECKMARK OF YOUR ANSWER.

You feel frustrated
learning a new skill.

Practice and try different
strategies

Get angry and shut down

Avoid practicing

You lose an
important game or
competition

Stay upset for days

Blame teammates

Learn from it and keep
practicing

You forget to save your
work before closing your
laptop.

Restart and redo the
work

Get angry and stop
working

Refuse to finish

RESILIENCE

MULTIPLE CHOICE

Name: _____

Date: _____

RESILIENCE: COLOR THE CHECKMARK OF YOUR ANSWER.

A friend points out something you could improve.

Take it personally

Listen and consider their advice

Get defensive

You feel stuck on a difficult problem.

Skip it forever

Copy someone else

Take a break and try again later

You fail the first time you try something new.

Decide you're not good at it

Try again with a positive mindset

Avoid trying again

RESILIENCE

A RESILIENT WORLD

Name: _____

Date: _____

FIXED VS. GROWTH MINDSET

Rewrite each thought in a more resilient way.



Fixed
Mindset

"This is too hard."

"I can't do this."

"I'll never understand."

"I'm bad at this."

"Everyone is better than me."

"I'm just going to quit."



Growth
Mindset

Write one growth mindset statement you can use this week:

RESILIENCE

A RESILIENT WORLD

Name: _____

Date: _____

BOUNCE BACK ACTIONS

For each challenge, choose a bounce-back action to show resilience.

Challenge

Bounce-Back Action

You fall in a game



You get a low score



You make a mistake



You feel
overwhelmed
with your tasks.



Bounce-back Actions

Take a deep breath and reset before trying again

Break the task into smaller, manageable steps

Try a different strategy or approach

Review feedback and make one improvement at a time

Practice a skill again later when emotions are calmer

Use positive self-talk ("I'm learning," "I can improve")

Make a simple plan for what to do next

Celebrate small improvements, not just final success



RESILIENCE

A RESILIENT WORLD

Name: _____

Date: _____

REACTIVE VS RESILIENT

Compare emotional reactions with resilient choices

Situation: You forget to save an assignment.



REACTIVE

RESILIENT

Situation: A friend criticizes your idea.

REACTIVE

RESILIENT

Situation: You receive a low grade on a test you studied hard for.

REACTIVE

RESILIENT

Situation: Your group ignores your idea during a class project discussion.

REACTIVE

RESILIENT

Which response leads to better outcomes? Why?

RESILIENCE

A RESILIENT WORLD

Name: _____

Date: _____

RESILIENCE IN REAL LIFE

Read each situation and answer the questions below.

Scenario: You didn't get invited to a group activity.

How might you feel? _____

What would a resilient response look like? _____

Who could you talk to about it? _____

Scenario: You studied for a test but earned a lower grade than expected.

How might you feel? _____

What would a resilient response look like? _____

Who could you talk to about it? _____

Scenario: Your online assignment doesn't save correctly, and you lose your work.

How might you feel? _____

What would a resilient response look like? _____

Who could you talk to about it? _____

Scenario: You have an argument with a friend and don't know how to fix it.

How might you feel? _____ ?

What would a resilient response look like? _____

Who could you talk to about it? _____

Scenario: You feel stressed by schoolwork, activities, and responsibilities.

How might you feel? _____

What would a resilient response look like? _____

Who could you talk to about it? _____

Scenario: You freeze or mess up during a presentation or performance.

How might you feel? _____

What would a resilient response look like? _____

Who could you talk to about it? _____



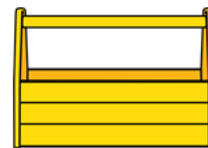
RESILIENCE

A RESILIENT WORLD


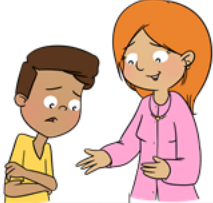




Name: _____

Date: _____

MY RESILIENCE TOOLBOX



Next to each tool, write when you would use it. In the last box, write your own tool.

TOOL	WHEN I CAN USE IT
 <p>Deep breathing</p>	
 <p>Asking for help</p>	
 <p>Taking a break</p>	
 <p>Positive self-talk</p>	
 <p>Set small, realistic goals</p>	
 <p>Make a to-do list</p>	

RESILIENCE

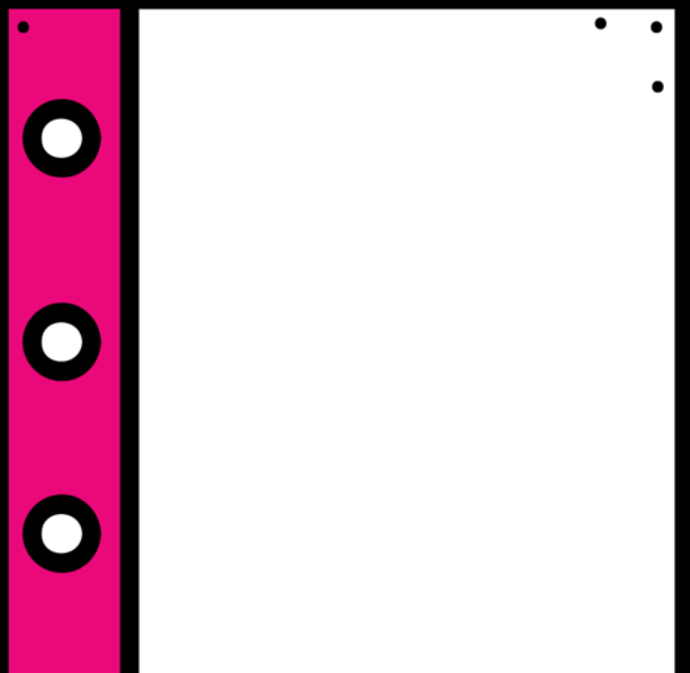
A RESILIENT WORLD

Name: _____

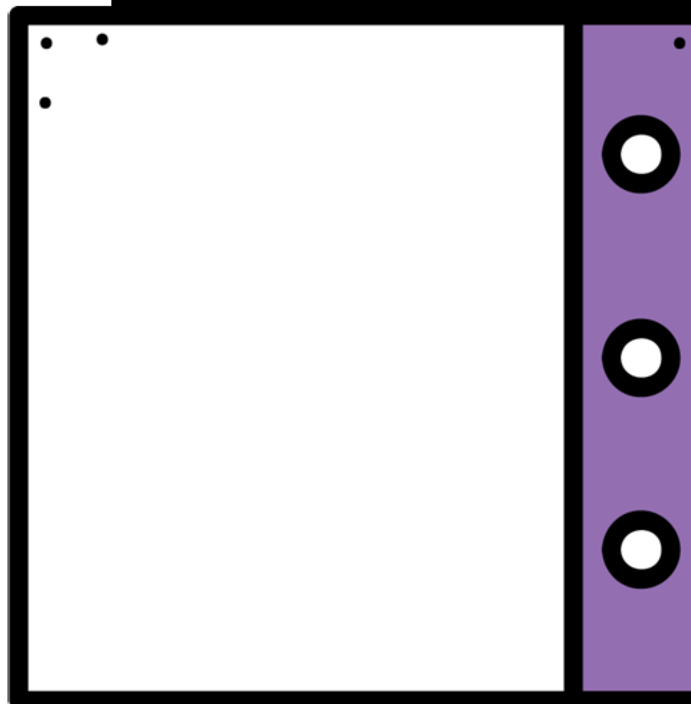
Date: _____

What are some examples of resilience you have seen from others?

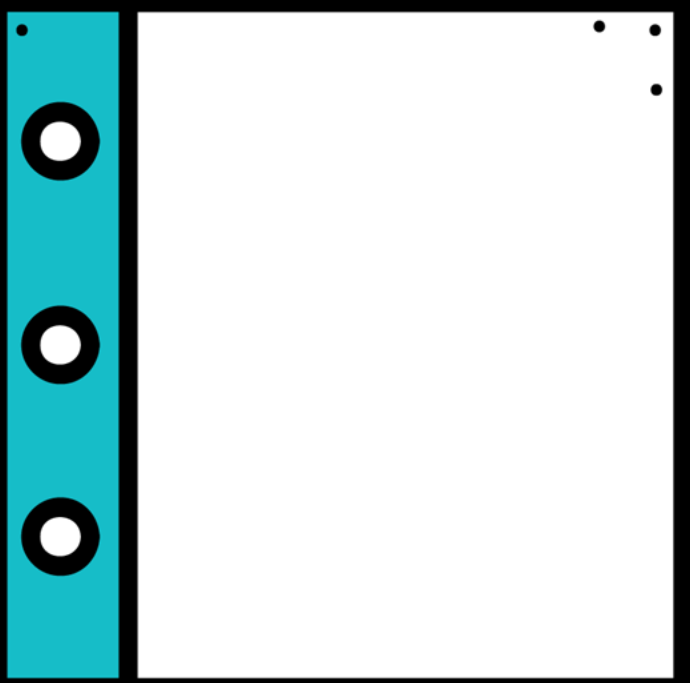
Teacher



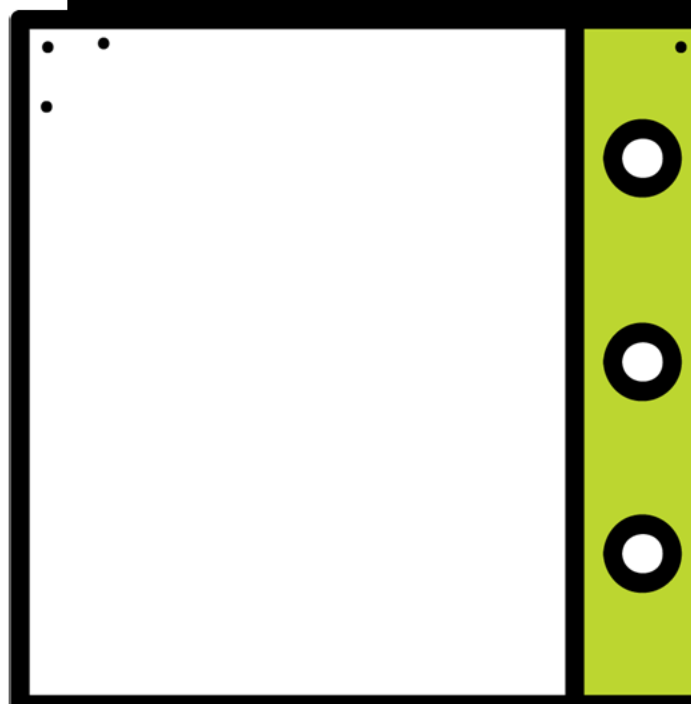
Parent/Guardian



Strangers



Friends



RESILIENCE

A RESILIENT WORLD

Name: _____

Date: _____

What would society look like if no one was resilient?



Would you want to live in this society, why or why not?



RESILIENCE

A RESILIENT WORLD

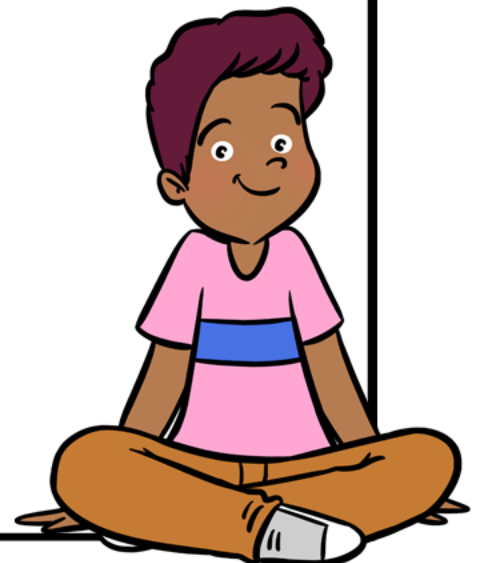
Name: _____

Date: _____

What would society look like if everyone was resilient?



Would you want to live in this society, why or why not?



RESILIENCE

A RESILIENT WORLD

Name: _____

Date: _____

Let's time travel to the **future**, what is one way you would want people to be more resilient? Why?



Let's time travel to the **past**, what is one way you would have wanted people to be more resilient? Why?



RESILIENCE

SELF-REFLECTION

Name: _____

Date: _____

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT show resilient behavior.

I was NOT resilient when I...



What I learned...



This is how I will be more resilient...



RESILIENCE

SELF-REFLECTION

Name: _____

Date: _____

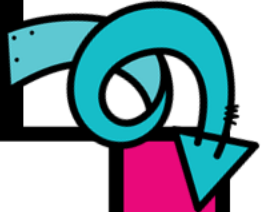
Think about what resilience means to you and how you like to show resilience or have others show resilience to you.

One way I would like to show resilience



	<p>• •</p> <p>•</p> <p>• •</p>	
--	--------------------------------	--

One way I would want resilience shown to me



	<p>• •</p> <p>•</p> <p>• •</p>	
--	--------------------------------	--

Resilience is important to me because



	<p>• •</p> <p>•</p> <p>• •</p>	
--	--------------------------------	--

RESILIENCE

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you show resilience, pick one that you feel you are consistent in doing and reflects your good character.



RESILIENCE

TASK CARDS

TASK

THINK & DISCUSS

CARDS

TIPS FOR USING TASK CARDS

- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)



DIG DEEPER QUESTIONS

- Are there multiple answers that could be considered cooperative decisions?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to be cooperative or uncooperative?
- Does one uncooperative decision make you an uncooperative person?
- What will happen if you repeatedly make uncooperative decisions?

RESILIENCE

Why is resilience especially important during the middle school years?



THINK & DISCUSS

RESILIENCE

What does resilience mean in your own words?



THINK & DISCUSS

RESILIENCE

What is a healthy way to respond when something doesn't go as planned?



THINK & DISCUSS

RESILIENCE

How can mistakes help you grow instead of hold you back?



THINK & DISCUSS

RESILIENCE

What's the difference between quitting and taking a break?



THINK & DISCUSS

RESILIENCE

How does positive self-talk help when you feel frustrated or stuck?



THINK & DISCUSS

RESILIENCE

What does resilience look like during tests or big assignments?



THINK & DISCUSS

RESILIENCE

How can asking for help show strength, not weakness?



THINK & DISCUSS

RESILIENCE

What strategies help you stay calm during stressful situations?



THINK & DISCUSS

RESILIENCE

How can resilience help you in friendships or group work?



THINK & DISCUSS

RESILIENCE

Why is it important not to compare yourself to others?



THINK & DISCUSS

RESILIENCE

How does resilience help you bounce back from embarrassment?



THINK & DISCUSS

RESILIENCE

What does resilience look like in online or digital situations?



THINK & DISCUSS

RESILIENCE

How can you stay motivated when progress feels slow?



THINK & DISCUSS

RESILIENCE

How can learning from feedback make you more resilient?



THINK & DISCUSS

RESILIENCE

How do you usually respond to failure, and how could you respond differently?



THINK & DISCUSS

RESILIENCE

How can resilience help
when plans change
unexpectedly?



THINK & DISCUSS

RESILIENCE

Why is it okay to
struggle sometimes?



THINK & DISCUSS

RESILIENCE

How can you support a
friend who feels like
giving up?



THINK & DISCUSS

RESILIENCE

What is one challenge
you are currently
working through?



THINK & DISCUSS

RESILIENCE

What is one resilient habit you want to practice more often?



THINK & DISCUSS

RESILIENCE

How does resilience help you reach long-term goals?



THINK & DISCUSS

RESILIENCE

Why does effort matter more than being perfect?



THINK & DISCUSS

RESILIENCE

How can staying flexible help you handle challenges?



THINK & DISCUSS

SITUATION

WHAT WOULD YOU DO?

CARDS

TIPS FOR USING CARDS

- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides



DIG DEEPER QUESTIONS

- What is the cooperative thing to do and why?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than the cooperative thing to do? Why?
- What are all the different decisions that could be made?

RESILIENCE



WHAT WOULD YOU DO?

You studied hard for a test but still earned a low score.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

Your group project doesn't turn out the way you hoped.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You freeze during a class presentation and forget what you were going to say.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You don't make a team or club you really wanted to join.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

A teacher gives you feedback that your work needs improvement.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

Your friends finish an assignment much faster than you.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You feel embarrassed after answering a question incorrectly in class.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

Technology deletes part of an assignment you worked hard on.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You feel overwhelmed by homework and deadlines.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You lose a game or competition you practiced for.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You try a new activity and realize you're not good at it yet.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You disagree with your group, and your idea isn't chosen.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You are nervous to speak up even though you know the answer.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

A friend succeeds at something you struggled with.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You don't understand a lesson the first time it's taught.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You forget to save your work and have to redo it.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You make a mistake that others notice.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You start to feel like giving up on a difficult goal.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

Plans change suddenly and you feel disappointed.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You are the last one to finish a task during class.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You receive criticism that feels hard to hear.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You are behind in a class and feel discouraged.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You try a new strategy, but it still doesn't work.

What is the best way to show resilience?

RESILIENCE



WHAT WOULD YOU DO?

You have a bad day, and nothing seems to go right.

What is the best way to show resilience?

RESILIENCE

BOUNCING BACK FROM

challenges BY STAYING

positive, LEARNING

FROM *mistakes,* AND

continuing to try EVEN

WHEN THINGS ARE

difficult.

CHARACTER EDUCATION

RESILIENCE

BOUNCING BACK FROM

challenges BY STAYING
positive, LEARNING FROM

mistakes, AND

continuing to
try EVEN WHEN

THINGS ARE
difficult.



CHARACTER EDUCATION

RESILIENCE

BOUNCING BACK FROM
challenges BY STAYING
positive, LEARNING FROM
mistakes, AND
continuing to try
EVEN WHEN
THINGS ARE
difficult.



CHARACTER EDUCATION

RESILIENCE

BOUNCING BACK FROM **challenges** BY STAYING **positive**,
LEARNING FROM **mistakes**, AND **continuing to try** EVEN WHEN
THINGS ARE **difficult**.

Try again after a
mistake.

Stay calm when
things get
frustrating.

Use positive self-
talk instead of
giving up.

Adjust your plan
when something
doesn't work.

Ask for help when
you need it.

Learn from
setbacks and
improve.



QUOTE ABOUT

RESTILLTENCE

**“OUR GREATEST GLORY IS NOT IN
NEVER FALLING, BUT IN RISING
EVERY TIME WE FALL.”**

- CONFUCIUS

STUDENTS WITH

RESILIENCE BOUNCE BACK FROM SETBACKS AND BELIEVE THEY CAN GROW WITH EFFORT.

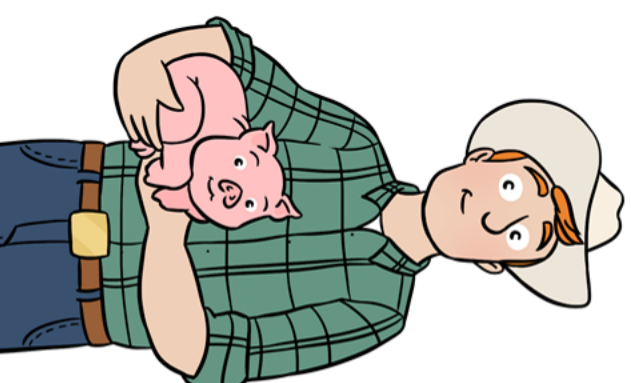


- ✱ Keep trying after setbacks instead of giving up when something is hard.
- ✱ Use positive self-talk and remind themselves they can improve with effort.
- ✱ Ask for help or feedback to learn and grow when they're struggling.
- ✱ Adapt to challenges by trying new strategies or making a plan when things don't go as expected.

CAREERS WITH

RESTILLENCE

FARMER



Farmers work hard every day to grow food and take care of animals that people rely on. They wake up early, plant crops, feed animals, and make sure everything stays healthy. Their job can be challenging because they cannot control things like weather, insects, or plant diseases. Sometimes crops don't grow the way they hoped, or animals get sick, and they have to find new ways to solve problems. Farmers stay strong, trying again, and never giving up even when work is difficult. They learn from each season, use new tools and ideas, and keep going to make sure their farms succeed and their communities have food to eat.

LEADERS WITH

RESILIENCE

JAMES DYSON



James Dyson is a British inventor, industrial designer, farmer and billionaire entrepreneur who founded the vacuum cleaner company, Dyson. He is best known as the inventor of the dual cyclone bagless vacuum cleaner. James Dyson initially had an idea of how to make a better vacuum cleaner. He started testing his ideas, but none of them worked. He spent 15 years making more than 5,000 different versions of his invention before he finally made a version that worked. Now, his Dyson vacuum cleaners are sold all over the world. Mr. Dyson once said “We have to embrace failure and almost get a kick out of it. Life is a mountain of solvable problems, and I enjoy that.”

DIGITAL

RESILIENCE



STAY CALM, PROBLEM-SOLVE, AND KEEP WORKING WHEN TECHNOLOGY GLITCHES.

- ✱ Stay calm when technology glitches and try again instead of giving up.
- ✱ Problem-solve and try new strategies if an app, website, or device isn't working.
- ✱ Ask for help appropriately from a teacher, peer, or tech support when needed.
- ✱ Learn from digital mistakes and make better choices next time.

MY RESISTANCE PLEDGE

This is how I am going to Cooperate:

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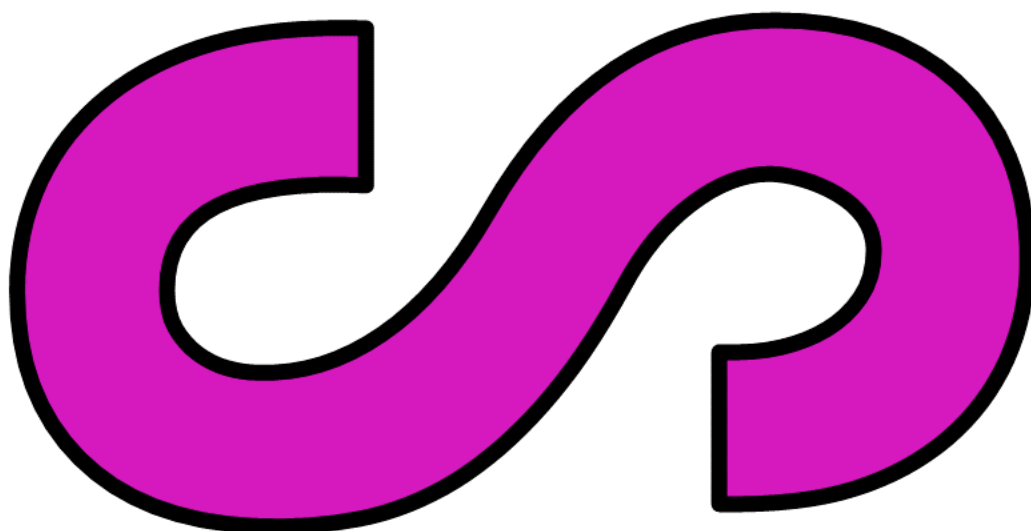
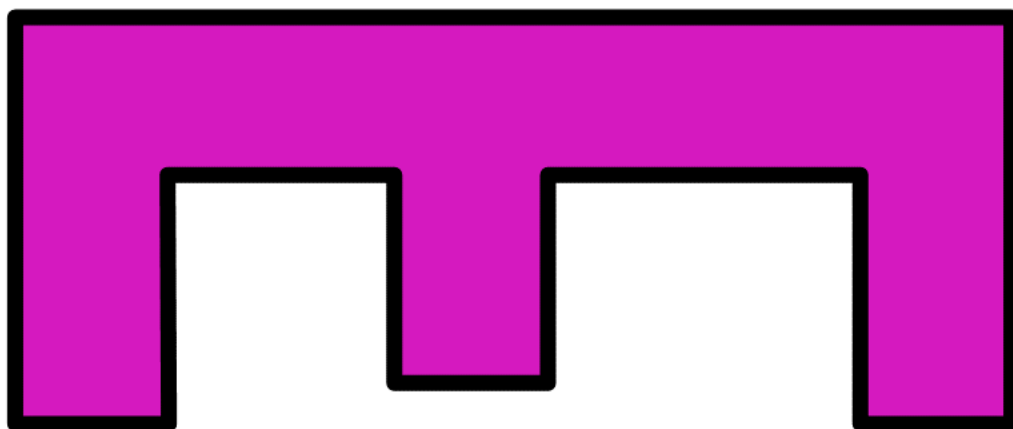
MY RESISTANCE PLEDGE

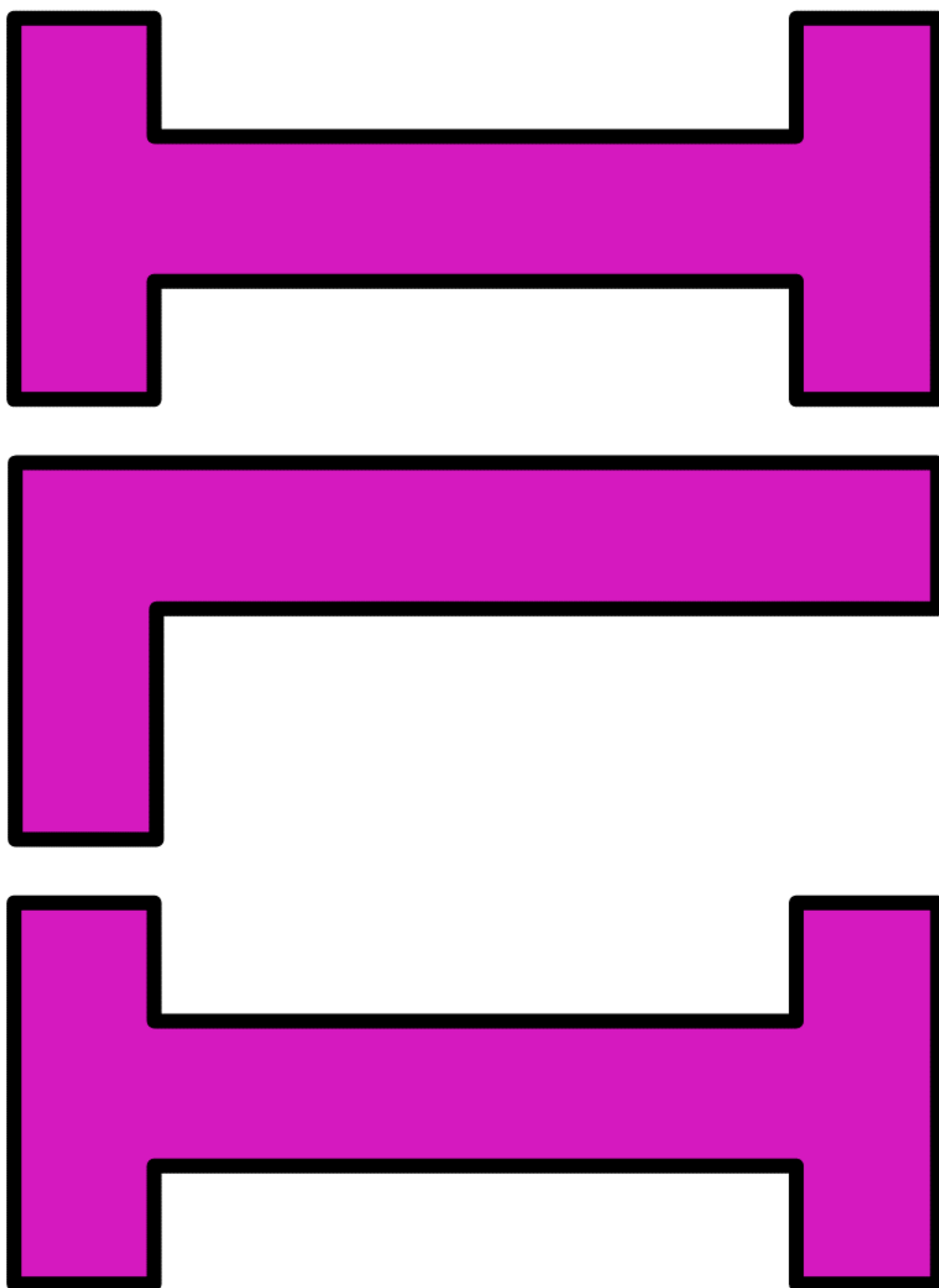
This is how I am going to Cooperate:

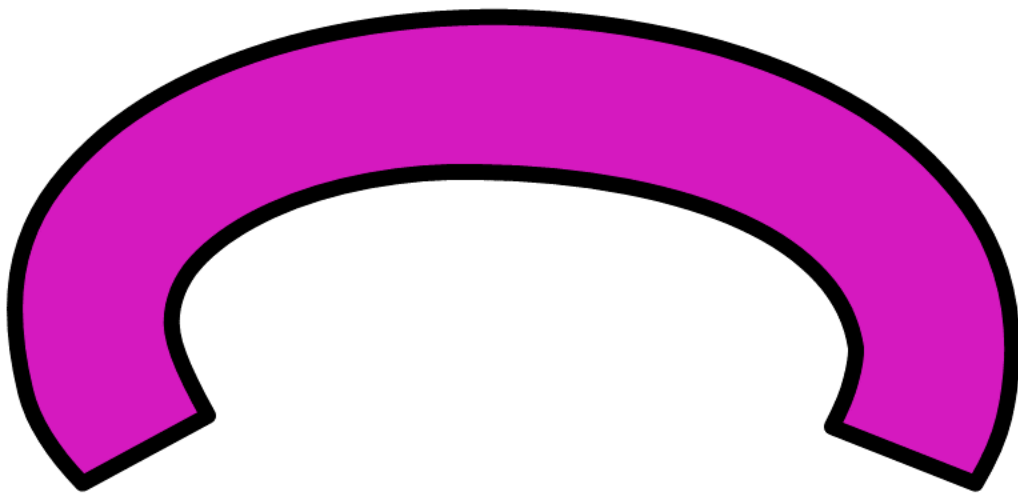
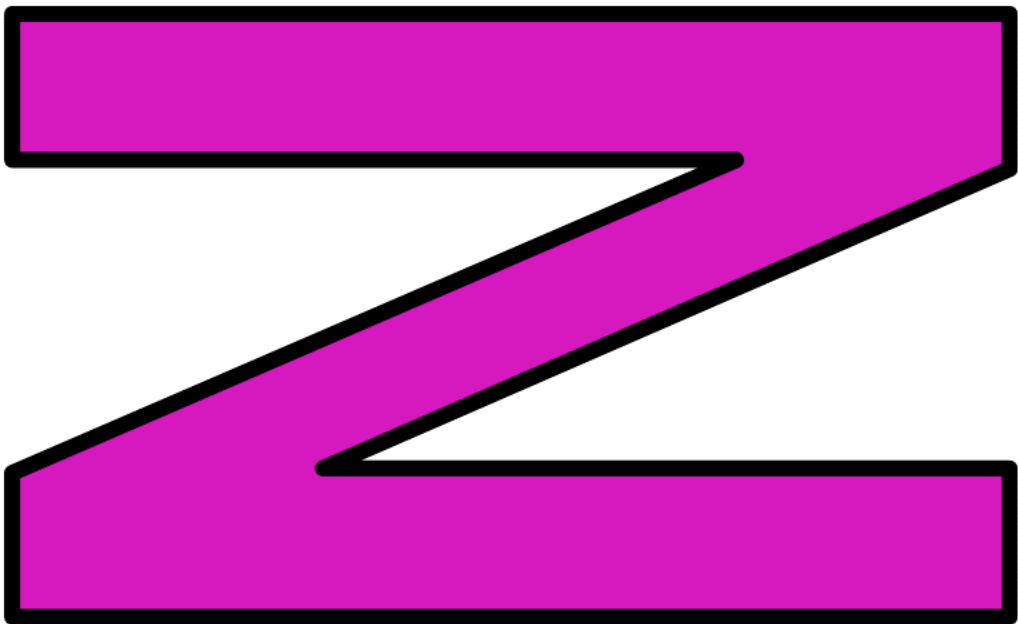
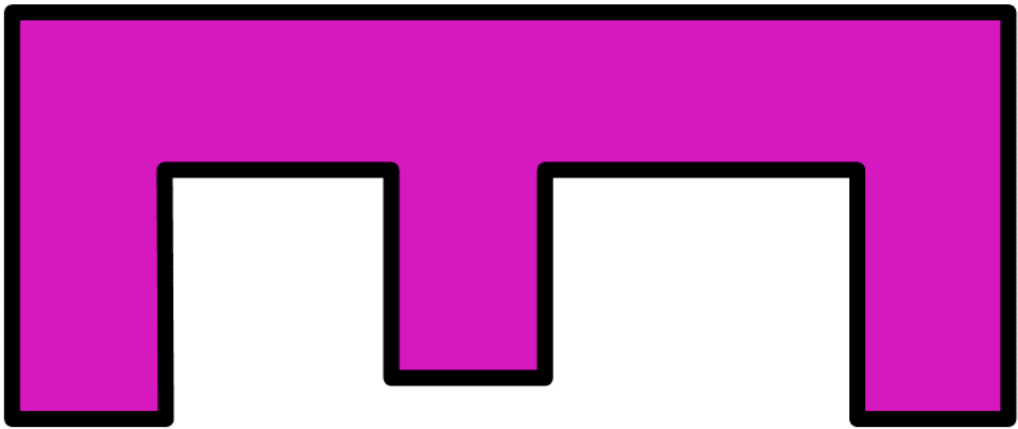
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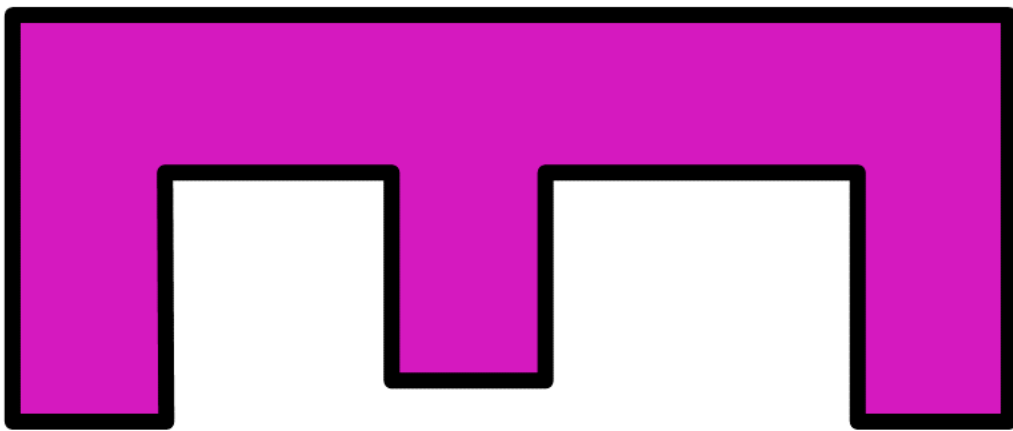


Pledge by: _____









RESILIENCE



CHARACTER
EDUCATION

2 INCH

RESILIENCE



CHARACTER
EDUCATION

1.5 INCH

RESILIENCE



CHARACTER
EDUCATION

1 INCH

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  [Character Education: Resilience](#)

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.

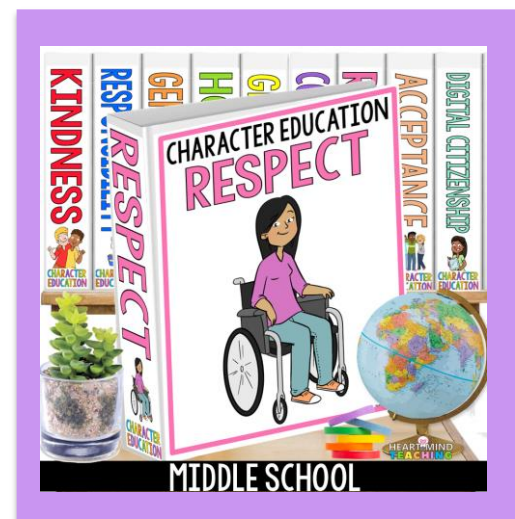
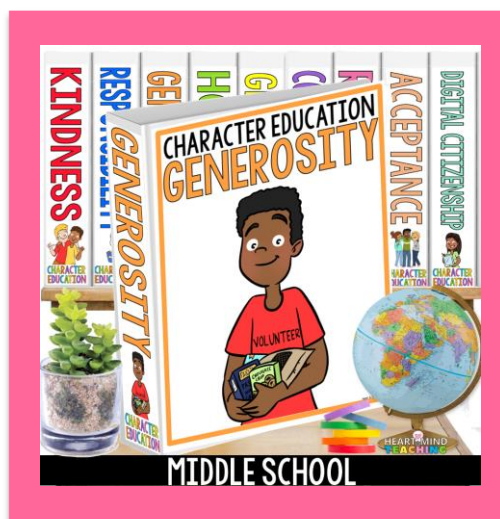
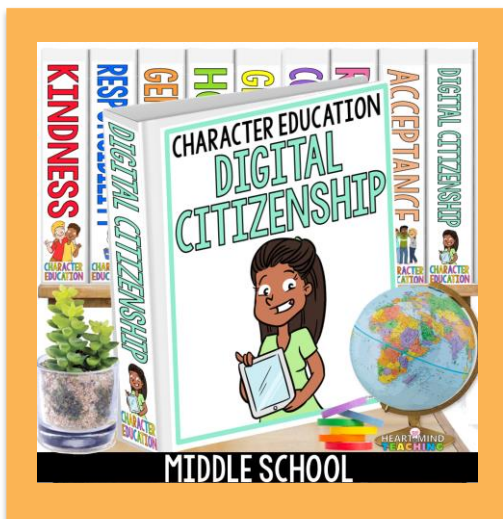
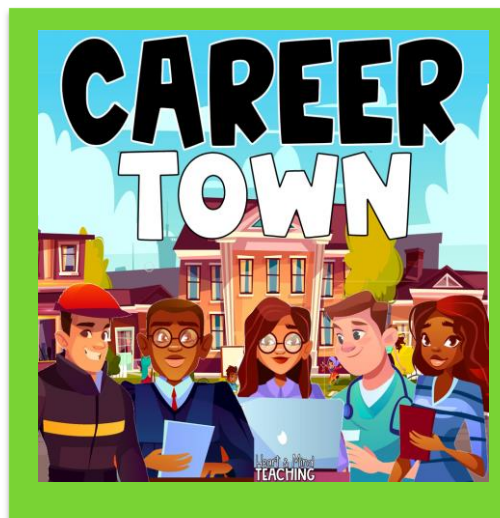
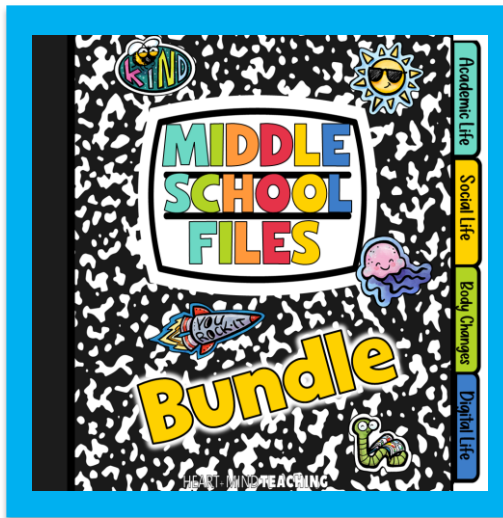
Helpful links for using Google Classroom:

[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



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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.

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Ashley

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heartandmindteaching@gmail.com

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