

Resilience! Activity sheet



Did you Know?
Resilience is the ability to recover from a difficult situation

Time for affirmations!
Circle all the affirmations you like.

I am capable, I can do this.

I am confident, I am fearless, I am brave.

I am forgiving, I am kind, I am mighty.

I am secure, I am tough, I am unique.



Draw a portrait of yourself!

Circle of Trust

Having people in your life who you can trust is important. Can you think of some adults in your life who you can trust and who make you feel safe?

REMEMBER: Your Circle of Trust can include family members, friends, teachers, neighbors, or anyone who you know can help you when you go through a hard time.

Gratitude Time!

Think about 3 things for which you are grateful.

Lending a Helping Hand!
Think about what you can do to help another person today



I am good at _____

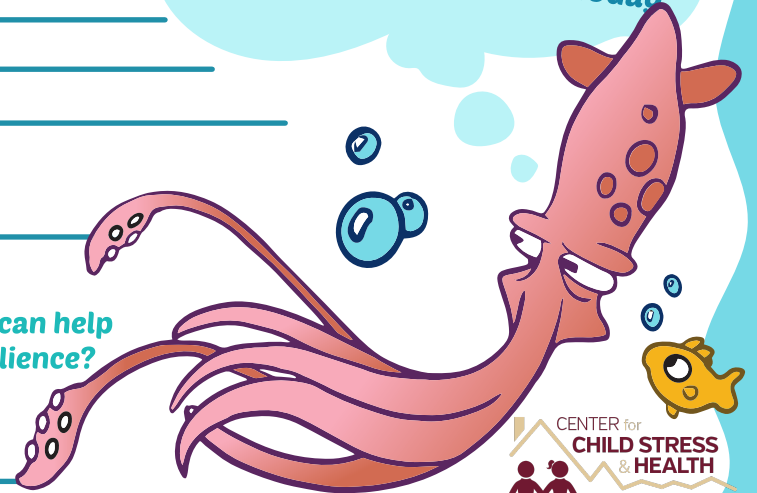
One thing I like about myself is _____

I help others by _____

What I love most about my personality is _____

Did you Know?

Did you know that doing activities that you enjoy can help you feel better while also strengthening your resilience? Write down some activities that you enjoy!



Let's color Alex!



What is Resilience?

In your own words, describe what it means to be resilient:

Did you Know?
Did you know that being grateful and helping others can strengthen your resilience?

Find the tools
that can help Alex be resilient!



Resilience



Stronger



Strength



Think Positive



Growth



Support



Problem Solving



Friends



Family



Ask for Help

