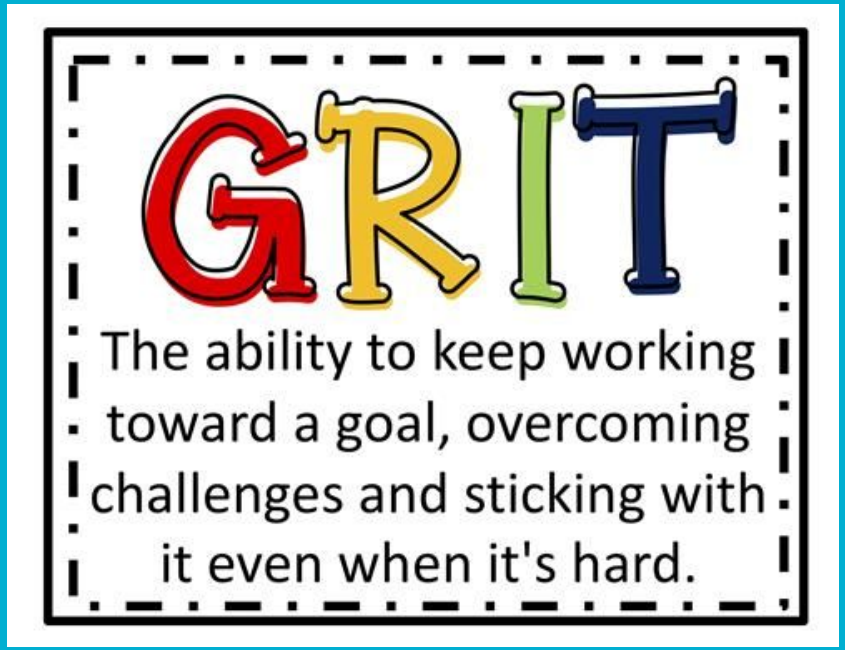
February 9, 2022

Topic:
Grit & Resilience

Remember those S.M.A.R.T goals that you made???

What does it mean to be resilient & have grit???



DON'T.
EVER.
QUIT.

Things that make us resilient:

- Self-control (emotional & physical)
- Practice positive coping strategies
- Sense of humor
- Belief in our ability to be successful
- Ability to solve problems
- Social support from friends and family
- Positive outlook
- Resourceful

Building Resilience Activity

Directions: On a piece of paper or in a Google Doc, finish the following statements...

I think being resilient means.....	Things I can do to help me through a difficult time.....	When I am going through a difficult time the people I can trust to support me are.....	I have shown resilience and bounced back when.....
Ex: Being able to keep going when things get hard	*Ex: Practice positive self-talk*	*Ex: My older sister*	*Ex: I got behind on my work when I got sick and worked hard to make it up*

Coming up next week....