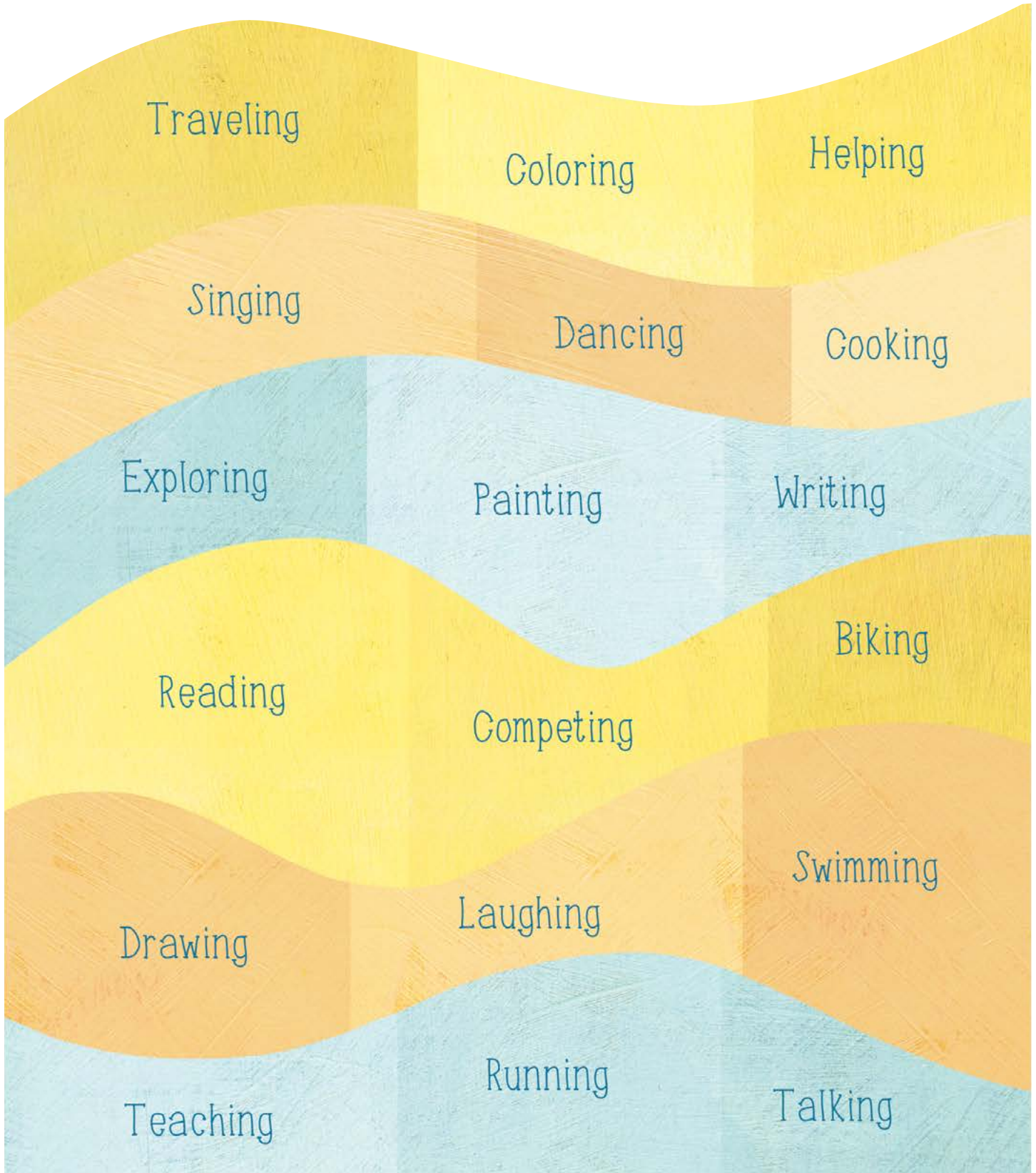


RAISING RESILIENCE

Take a moment to think about yourself.
Circle everything you enjoy doing.

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RAISING RESILIENCE

Finish the sentences below by writing something positive about yourself.

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Look back at these positive thoughts whenever you need a reminder of how special you are!



Think about a time when you and a friend got upset with one another. How did you resolve the conflict?



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Words of encouragement can help when friends are feeling sad.
What encouraging advice would you give to a friend?



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RAISING RESILIENCE

Circle or color all the feelings you have experienced at one time or another in your life.

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Are there any other feelings you would like to include? Use the blank spaces to add them to the list.



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Use the blank space to write
or draw how you feel.

What helps you feel better when you are upset?

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A spiral-bound notebook with a white cover and blue lines, lying flat on a yellow background. The notebook is open to a blank page with horizontal blue lines. The spiral binding is visible at the top edge.

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Coloring can be a calming activity. Find a comfy spot and enjoy coloring this page.

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We all face challenges each and every day that help us learn and grow stronger.

Think about a challenge you have faced.

WHAT CHALLENGE
DID YOU FACE?



HOW DID THIS CHALLENGE HELP
YOU GROW AS A PERSON?



CHALLENGE

HOW DID YOU OVERCOME
THIS CHALLENGE?



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Draw or write
about three things
you are grateful for.





Some days we feel our very best, and other days it can be challenging to even smile—and that's OK. Name three things that made you smile today.

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ROCK at?



What is something you want to



behind?



What is something you want to

STICK with?



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RESILIENCE

RAISING RESILIENCE

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“You’re BRAVER
than you believe,
STRONGER **than**
and **you**
seem
SMARTER
than you think.”

– A.A. Milne

Draw or write about a time when you were brave.

If you could have any superpower,
what would it be and why?

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BAM!

POW!

BOOM!



A large, central yellow cloud-shaped area designed for writing. It contains four horizontal lines for text, set against a background of red starburst patterns and yellow stars on a blue textured background.

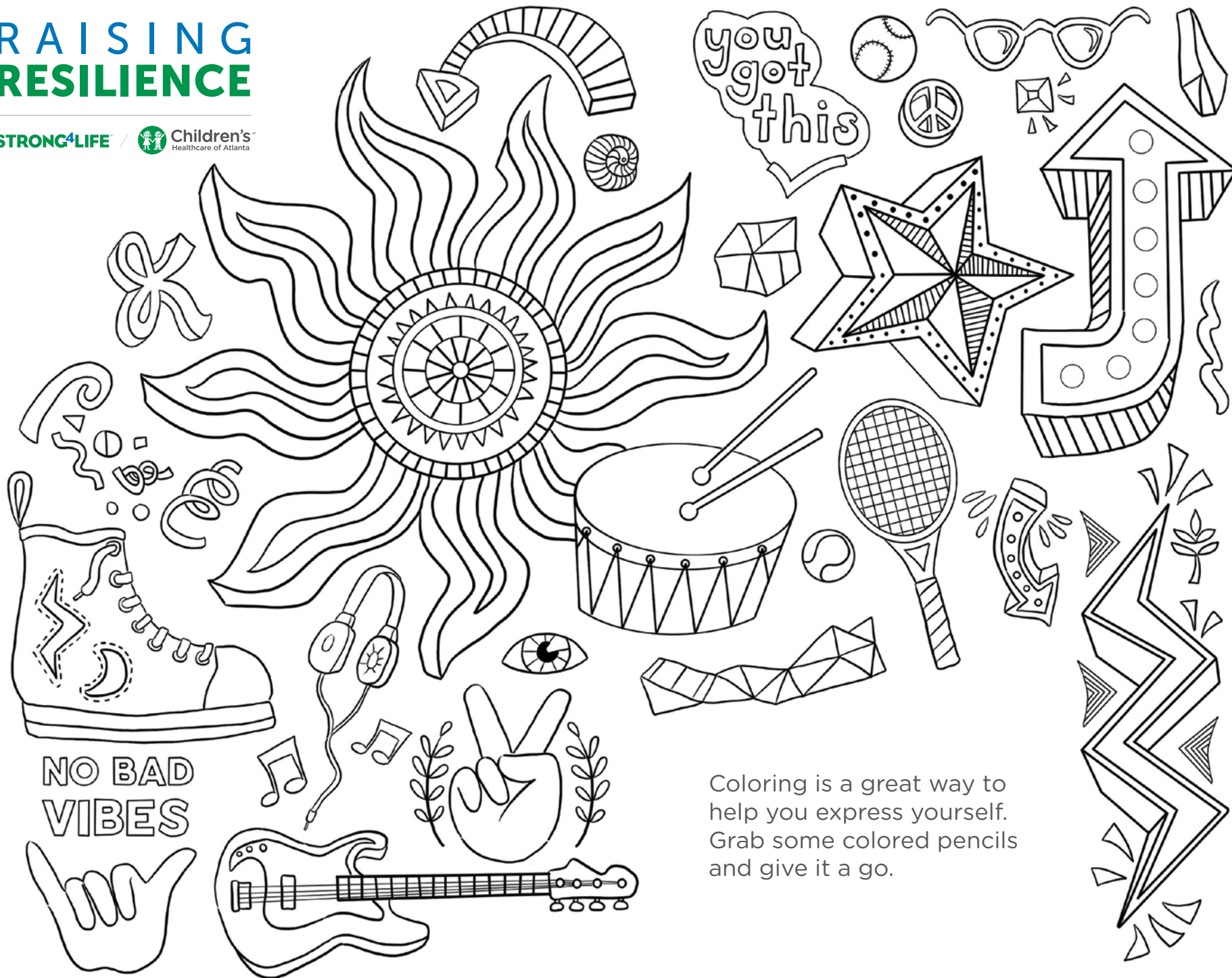
If you were granted three wishes,
what would you ask for and why?



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RESILIENCE**

RAISING RESILIENCE

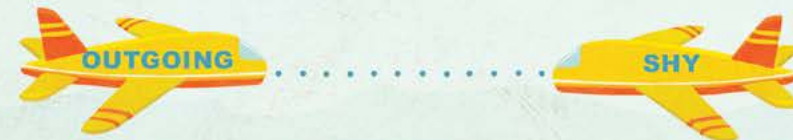
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NO BAD
VIBES

Coloring is a great way to help you express yourself. Grab some colored pencils and give it a go.

Some days you might feel one way and then feel the opposite way the next. It is normal to show different sides of yourself to certain people or in different situations. Look at each scale below and circle the quality you see in yourself most often.



Are there any qualities you circled that you want to change about yourself? Explain why.

What are some things you will do to make those changes?

When will you make those changes?

Who can help you make those changes?

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PLAN YOUR DREAM

ADVENTURE

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Where are
you going?

DATE
TIME
SEAT

PASSPORT

PASSPORT

AIR TICKET DESTINATION:

DATE
TIME
SEAT

DATE
TIME
SEAT

Visitors
GUIDE

Who is
coming
with you?

GREETING
from

What
special
activities
are you
doing?

Why do you want
to go here?

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Turn off all your electronics. Sit quietly for one minute and take some deep breaths (slowly inhaling through your nose and exhaling through your mouth).

Write down the thoughts and feelings that come up.



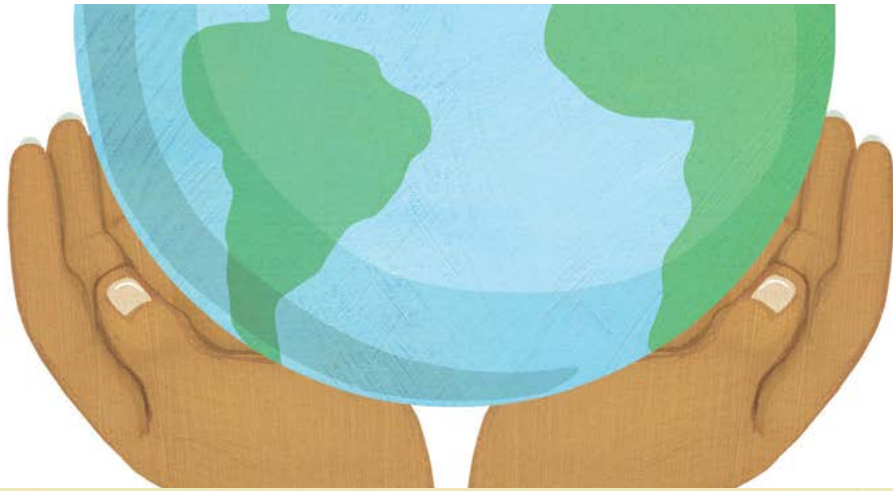
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How would you describe yourself to someone new?

hello





What are three things you can do to make the world a better place?







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RAISING RESILIENCE

Coloring can be helpful in reducing stress. Find a quiet spot and have fun coloring this page.

Pause. Take a deep breath. Look around you.
Write down:

5  FIVE THINGS YOU CAN SEE

--	--	--	--	--

4  FOUR THINGS YOU CAN TOUCH

--	--	--	--

3  THREE THINGS YOU CAN HEAR

--	--	--

2  TWO THINGS YOU CAN SMELL

--	--

RAISING RESILIENCE

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Think about a goal you would like to accomplish within the next month.



What is your goal?

Who will help you meet your goal?

How often will you work on your goal
(once a week, every day, etc.)?

How will you know when you achieve your goal?

What will you do to help yourself
grow as a person this year?

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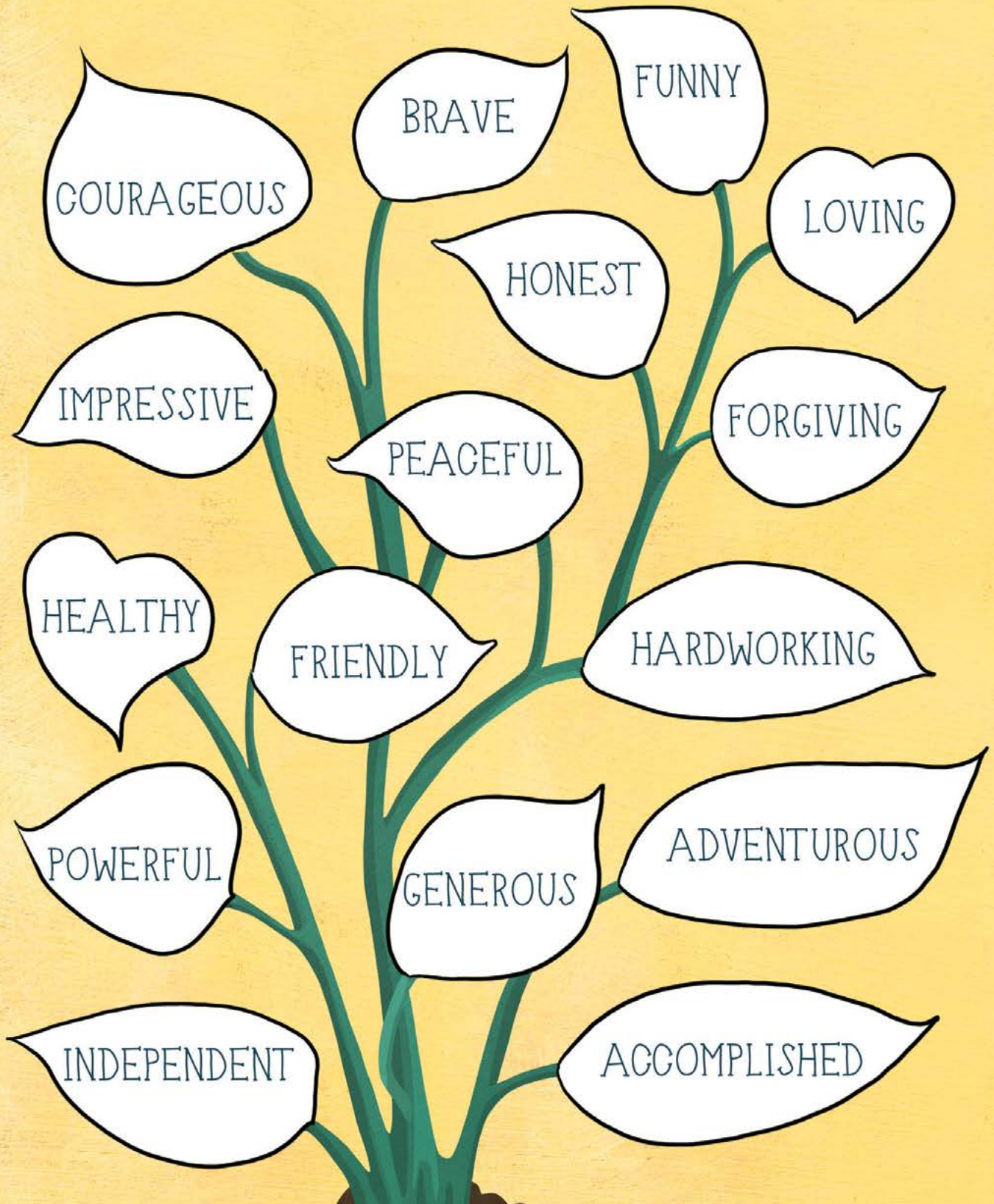
*“IT TAKES
COURAGE
to grow up and
BE
WHO you really
ARE.”*

- E.E. Cummings

RAISING RESILIENCE

Color the leaves of the traits you hope to have as you continue to grow.

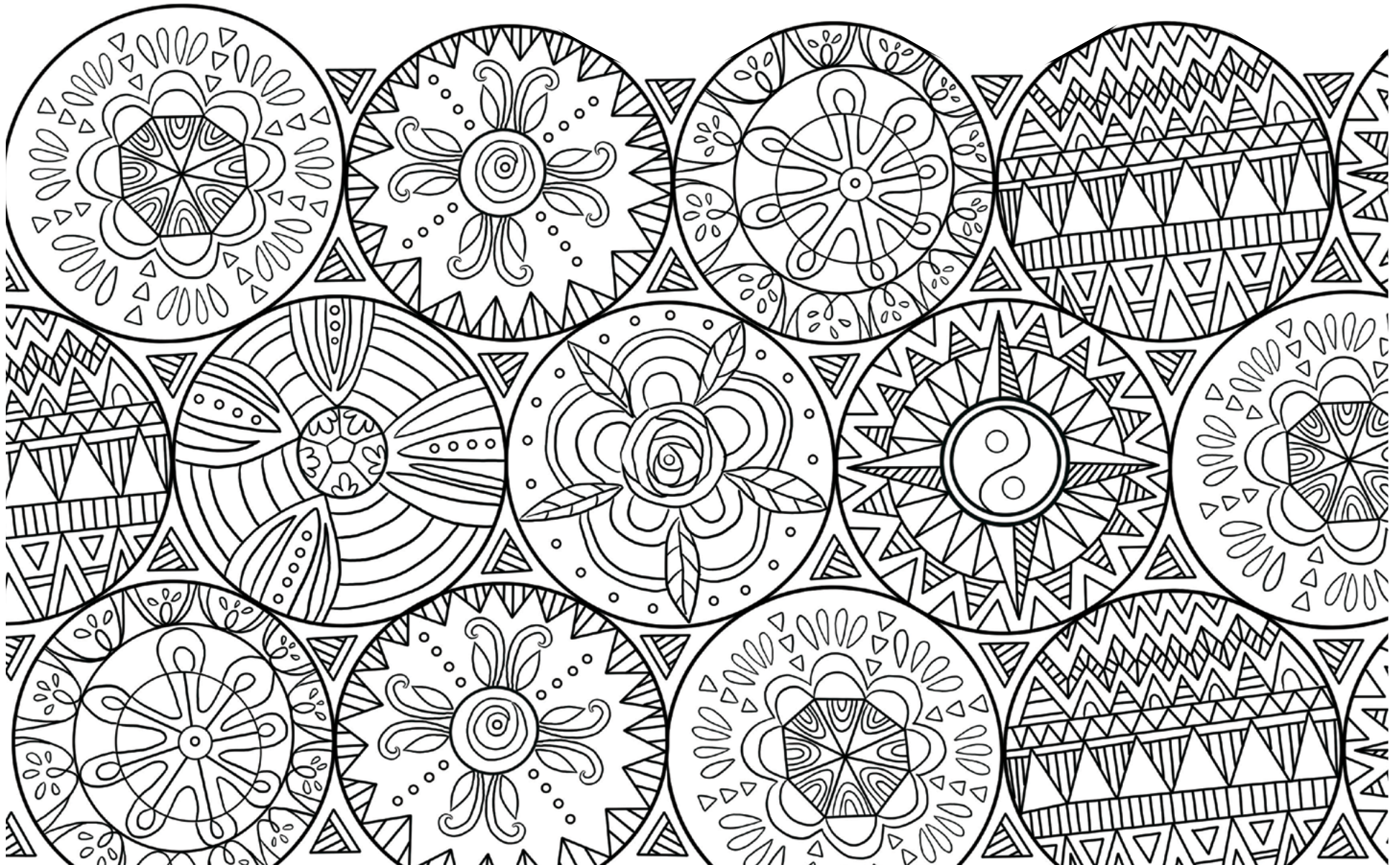
STRONG⁴LIFE



RAISING RESILIENCE

Coloring can be a useful tool to help you relax.
Give your mind a break and color!

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Look through the list below
and select all your strengths.



- HONEST**
- HARDWORKING**
- BRAVE**
- A LEADER**
- FUNNY**
- FAMILY-ORIENTED**
- A GOOD FRIEND**
- COMMITTED**
- ORGANIZED**
- ADVENTUROUS**
- PEACEFUL**
- PERSISTENT**
- LOVING**
- HELPFUL**
- KIND**
- GIVING**
- HEALTHY**

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“At first glance,
it may appear
too hard.
Look again.
Always



LOOK
again.”

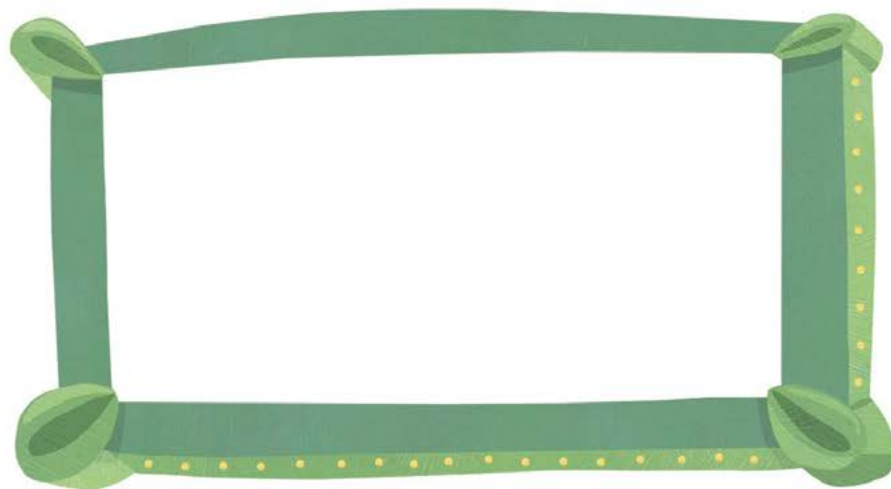
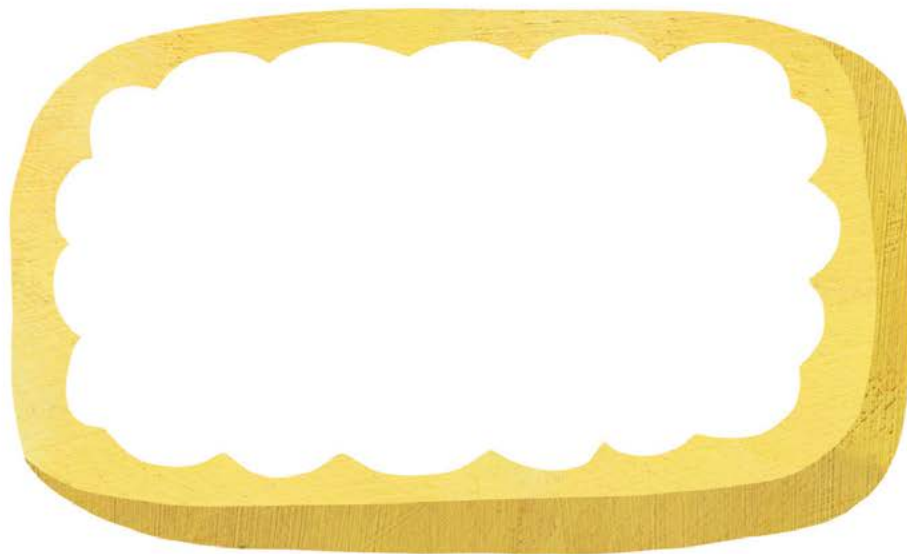
- Mary Anne Radmacher

Name a time you used your strengths
to handle a difficult situation.

Draw or write what is most important to you.

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