



Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Becoming Resilient

One of the biggest indicators in successful kids and even adults is their ability to be resilient. Being resilient means being able to bounce back after challenges and set backs.

Some qualities that help to be resilient include:

**Having a positive attitude** - Starting with a positive frame of mind allows you to accomplish things. This includes having positive thoughts and pushing the negative ones away.

**Being optimistic** - This means seeing the bright side of things instead of focusing on the negative.

**Regulating emotions** - This includes being able to control our own emotions, even at times when we're sad, nervous, or angry. Being able to control those emotions helps us think more clearly and make better decisions.

**Having a growth mindset** - This means seeing difficult situations as challenges that help us grow and seeing failures as chances to learn something.

## THINK ABOUT IT

When was a time that you showed you were resilient?

