BEST 8 WAYS TO BUILD RESILIENCE

I have resilient adults around me

What you model matters

I am hopeful and positive even when it's tough!

Teach optimistic thinking to power success

I can practise to achieve my goal



I am good at some things and need to work on others



Find and celebrate strengths

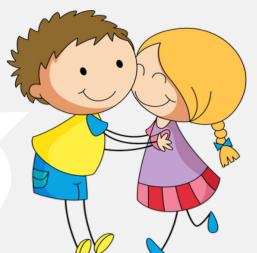


I can cope with change

Build capacity to be adaptable and flexible



Connection to meaning and purpose fuels the many steps to mastery I have people who help me to shine



I can learn from mistakes and solve problems

Problem solving and taking action leads to self-improvement



Resilience is supported by people who mentor, guide and model

I am me – and that's enough

Self-acceptance builds the capacity to embrace strengths and accept challenges

Grow this conversation with our Wellbeing Classroom resources FOLLOW THE LINK **BEST Programs Resources** Information presented is for teaching and discussion purposes. Display resources in places that children are making complex social and emotional choices.

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