

# What is resilience?

Resilience is the ability to successfully manage life's challenges.

## What does a resilient person look like?

1. Enjoys life's challenges



This is hard but I will keep going.

2. Presses pause



I will wait before I act.

3. Says sorry when they make a mistake



That was my fault. I will learn from my mistake.

## What does a person that lacks resilience look like?

1. Gives up.



I can't do this

2. Acts in the Tornado Zone



This is so unfair.

3. Does not say sorry when they make a mistake



It's her fault not mine.

Being resilient is important because it:

1. Helps you to learn.
2. Give you the confidence to try lots of different things.
3. Helps you to have positive friendships.

