

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



2. Presses pause



3. Says sorry when they make a mistake



What does a person that lacks resilience look like?

1. Gives up.



2. Acts in the Tornado Zone



3. Does not say sorry when they make a mistake



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.

