We keep going. Together we can get through this.

Draw or write what helps you:

Resilience is when you keep trying and trying while tough things happen. How about you?

1. When something has been tough, how did you feel?
2. When you feel bad, think hard. Figure out one thing to help.
3. How can you safely do that? Did it work out? Keep Trying!
4. Think about a person who is good at listening. How can you talk to that person? Phone or Computer? If they can’t help now, who else can you seek out?
5. Try an activity: listen to music, hug a pet, read exercise, play a game, pray. What else helps?
6. Think of another way to help yourself feel better. We all need backup plans.
7. Think about 3 great things about yourself. Now think of one really kind thing you can do.
8. You have great ideas, love in your heart, and creativity. You have many things you do well!
9. If you don’t succeed, it’s ok to mostly succeed.
10. When you feel down, look for any good you offer our beautiful world. You’ve got this.