

Resilience

NAME: _____

DATE: _____

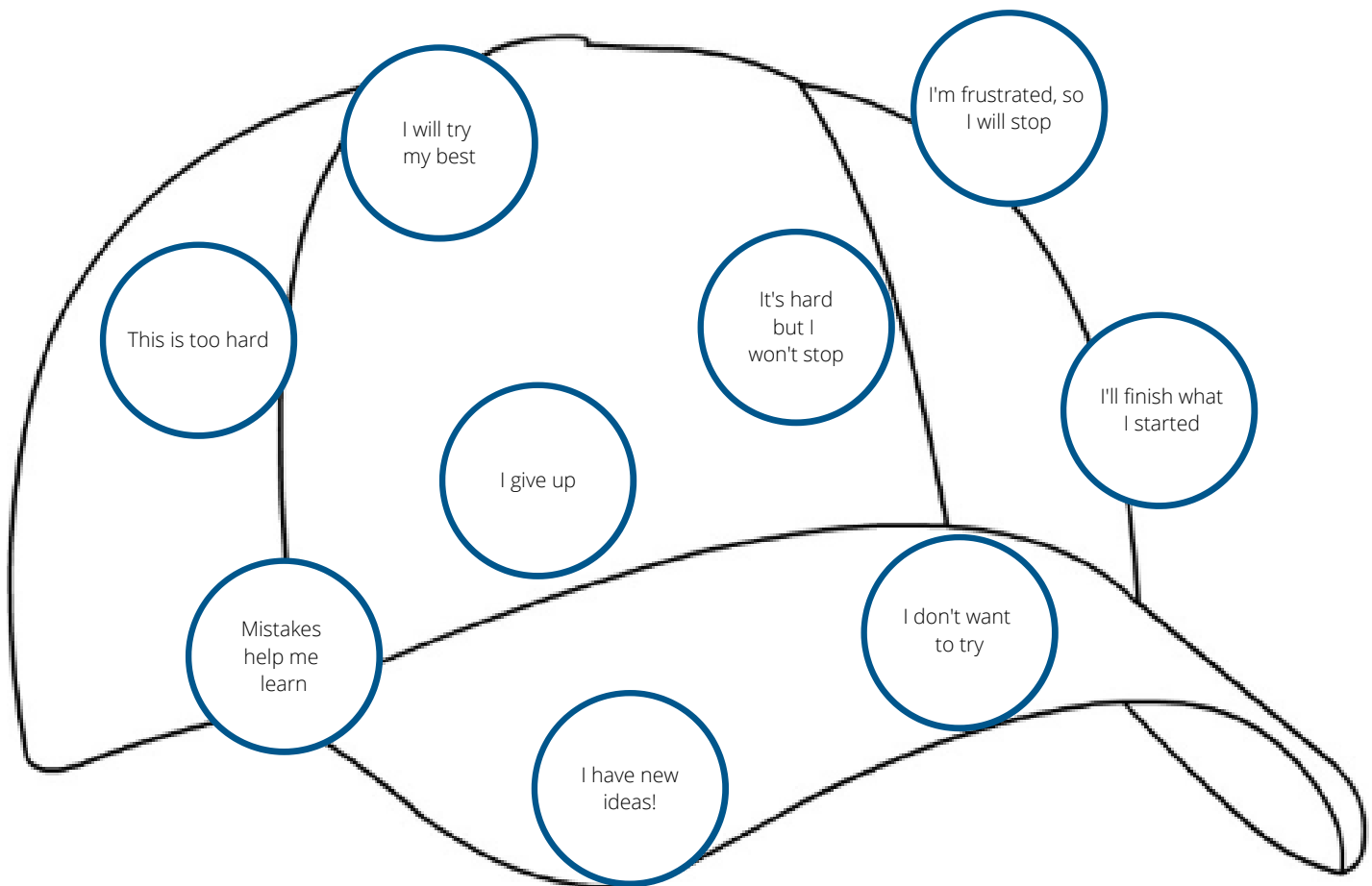
THINKING CAP ACTIVITY PLAN

AGE: 7+ AND OLDER

Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. We can learn and train to be more resilient!

Instructions:

Color your hat. Color the bubbles of sayings that represent resilience.



KiddieHab

"MEET ME WHERE I AM"