

Cordova Villa

Monthly Character Trait

February

RESILIENCE



What is Resilience?

Resilience is the ability to bounce back from challenges and setbacks. It's a trait that helps people adapt and deal with difficult situations and learn from their experiences. It helps people grow despite hard things in life.



Why is Resilience Important?

- Helps us keep going when things are tough
- Makes us stronger and braver
- Enables us to learn from mistakes instead of giving up
- Makes adjusting to new situations and challenges easier
- Helps us maintain a positive attitude and see opportunities for growth
- Helps us manage our emotions and express them in healthy ways



Challenges Happen to Everyone!



It's okay! Challenges help us grow, and mistakes are a part of learning. You are strong and can always try again!

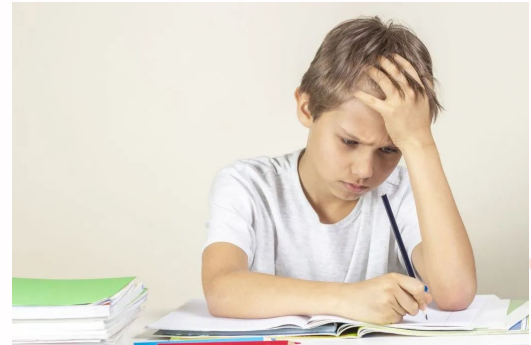
Examples of challenges:

Struggling with homework

Losing a game

Making a mistake

Feeling left out



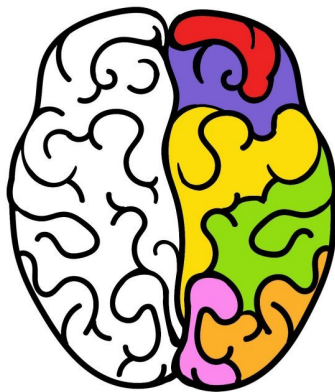
How to Build Your Resilience

- Stay Positive – Believe in yourself!
- Keep Trying – Mistakes help us learn.
- Ask for Help – Friends and family can support you!
- Take Deep Breaths – Stay calm when things get hard.



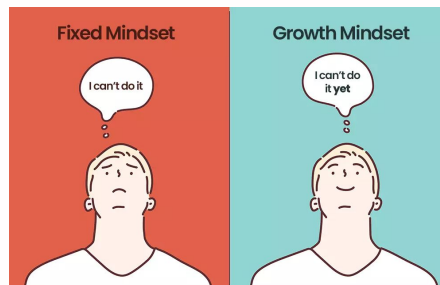
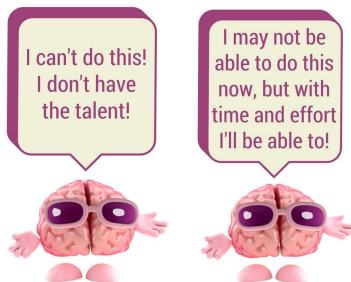
Fixed Mindset

- ◆ "I'm just not good at this."
- ◆ "I'll never get it right."



Growth Mindset

- ◆ "I can learn from mistakes!"
- ◆ "I can get better if I keep practicing!"



**When is the last time
you tried something
that was hard?**

Cheer for your classmates when they share!



The Hugging Tree

A Story About Resilience

by Jill Neimark

Illustrated by
Nicole Wong

