

Bounce-Back Kids



What is Resilience?

Resilience means bouncing back and trying again when something is hard!

Resilience Worksheet

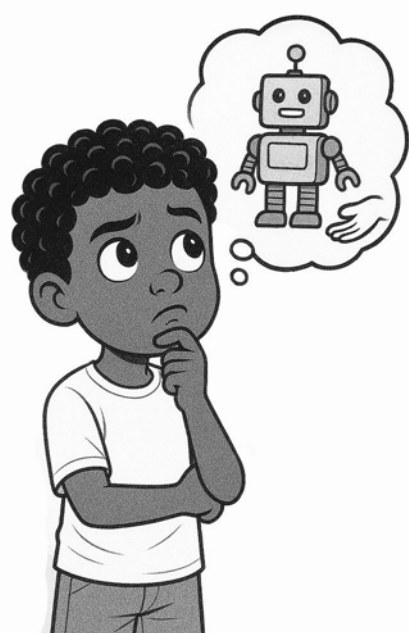
K-1st grade

☐ Things That are Sometimes Hard

Circle the things that can sometimes be hard, then draw a star next to the thing that is hardest for you:



Tying Shoes



Sharing Toys



Making Friends



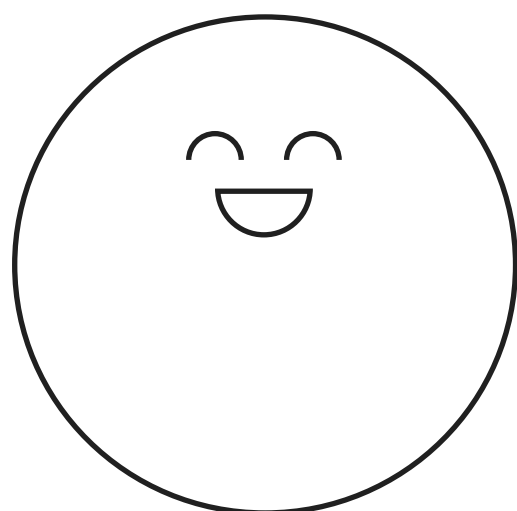
Trying New Foods



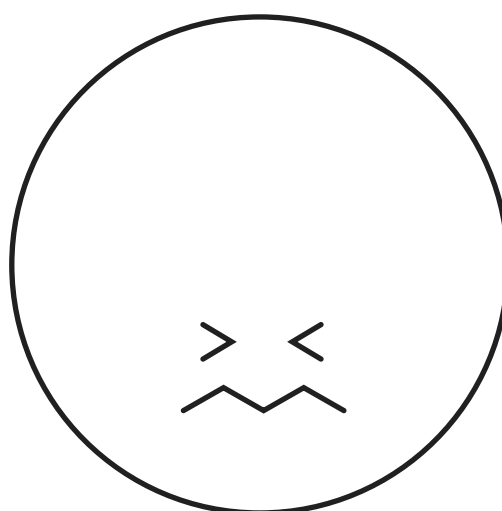
Reading a Book



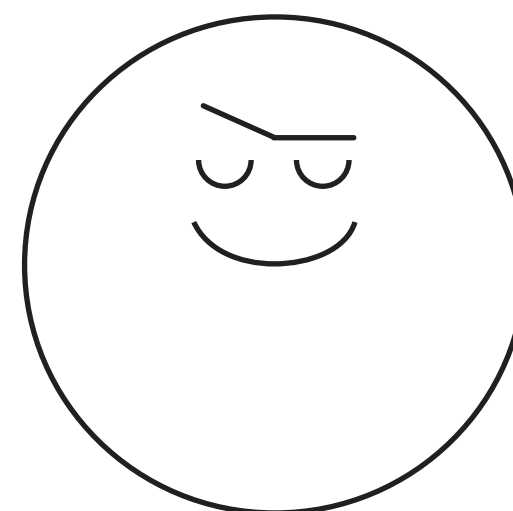
Color the bouncy ball that shows how you feel when something is hard:



Happy



Frustrated



Determined

Bounce Back Helpers



Color the helpers you want to try!

When something is hard, I can: **Take a big breath**



When something is hard, I can: **Ask for help**




When something is hard, I can: **Try a different way**




When something is hard, I can: **Say "I can do this"**



My Bounce Back Story

 Draw a picture of yourself being resilient—like when you keep going, even when something is hard.

This is a picture of when I _____

 Cut out your Bounce Back Badge!



Front



Back

Wear your badge to remember you can bounce back!