

RESILIENCE IS MY SUPERPOWER!



★ I keep going even when it's difficult.

★ I get better with practise.

★ I believe I can do difficult things.

★ I keep calm when I make a mistake.

★ I keep trying until I understand it.

★ Challenges make me stronger.

★ I ask for help when I need it.

★ _____

★ _____

★ _____

AFFIRMATIONS BRACELETS

Print out the pages and cut out the strips to make fun bracelets. Wear a different bracelet each day. Make more to gift them to your friends!

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Big Life Journal

I BELIEVE  IN MY DREAMS 

I learn FROM my mistakes 

I reach my GOALS 

I am ResiliENT 

I choose my attitude 

I am ENOUGH, I am ME! 

Today I am a LEADER 

My ideas are UNIQUE 

I am Strong



I can do DIFFICULT things



I am COURAGEOUS



My ideas are UNIQUE



I reach for the Stars



I BELIEVE IN myself



I can make good choices



I always do my best



I am HELPFUL



I am LOVED





[FAIIL]

First.
Attempt
IN!
Learning

YOU KEEP
going until
you're
PROUD

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NO MATTER
the MOUNTAIN,
"YOU CAN"
CLIMB it

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"CHALLENGES"
make you
STRONGER

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"YOU"
-ARE-
UNSTOPPABLE

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you
FOLLOW
your
Dreams

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YOU CAN
CHOOSE
to have a
"WONDERFUL"
DAY

YOU
are
RESILIENT

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YOUR
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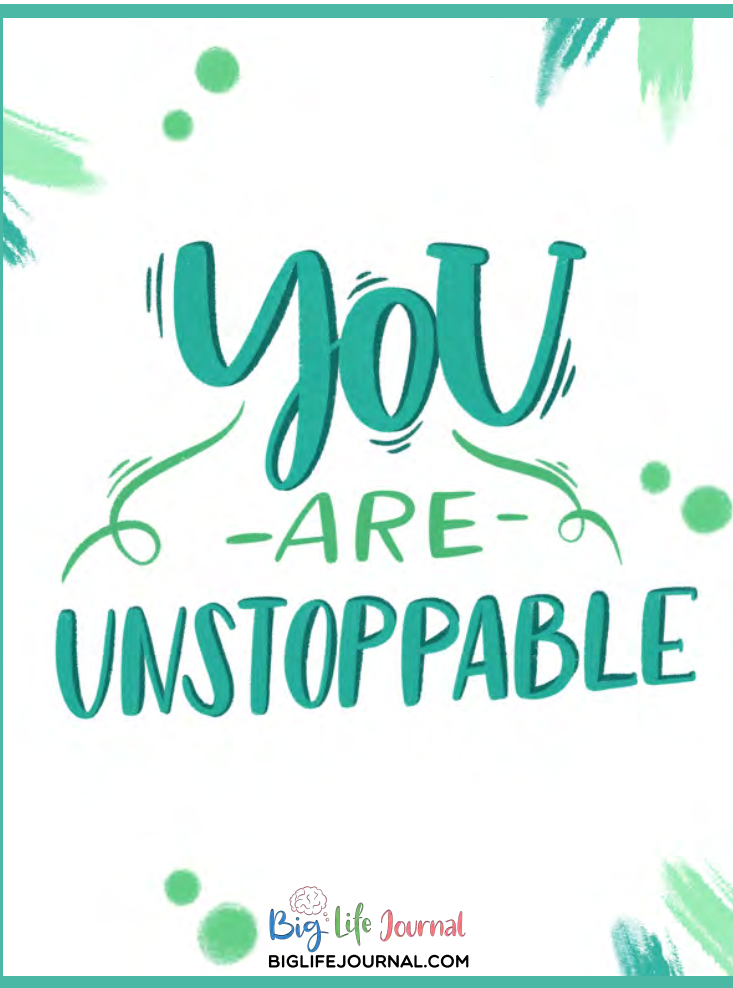
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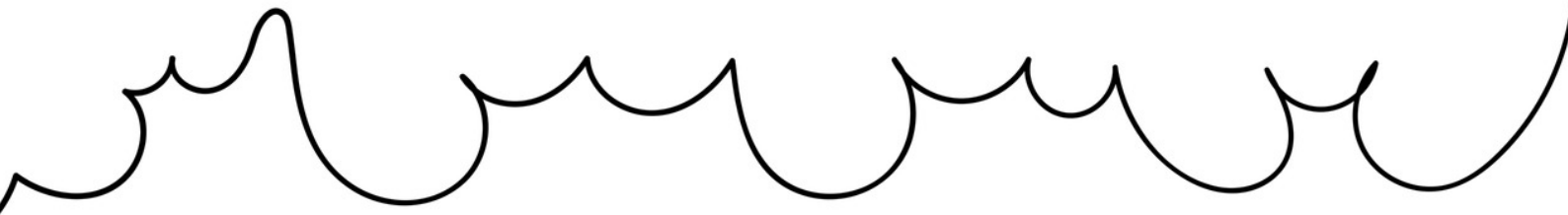
RESILIENCE BOOKMARKS

Color and decorate this fun set of bookmarks to remind yourself to keep dreaming, keep going, and that your efforts will lead to great things! Print and cut out the bookmarks. Use card stock for a more sturdy bookmark or laminate. You can also punch a hole at the top to add a fun tassel.



: RESILIENCE BOOKMARKS





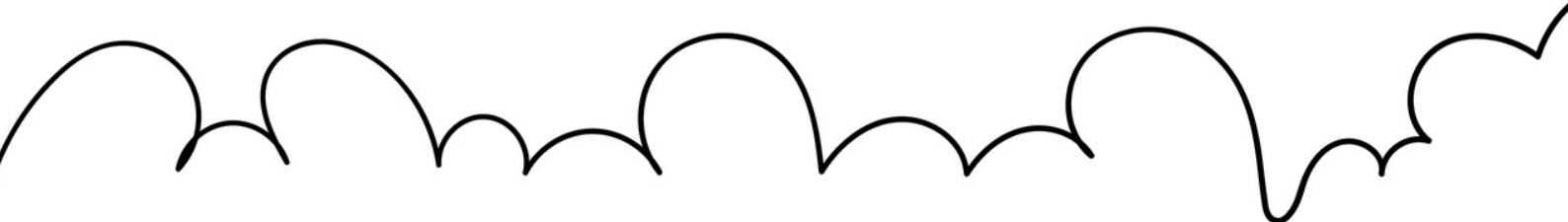
I CAN DO

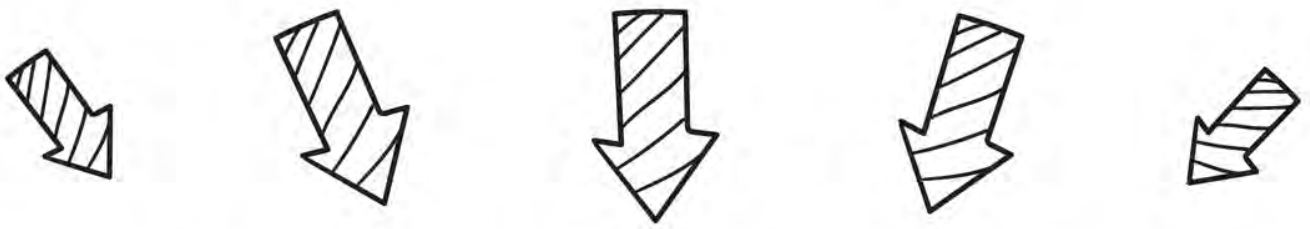


DIFFICULT



THINGS





CHALLENGES

MAKE ME

STRONGER



Fall
seven
times,
stand up
eight.



I CAN

AND

I WILL

SAY AFFIRMATIONS

MEDITATE

PRACTICE GRATITUDE

DO EFT TAPPING

DO COLOUR BREATHING

TAKE A BATH

READ A BOOK

LISTEN TO MUSIC

GO FOR A WALK

SIT ON THE TERRACE

Relax

I CAN PAUSE AND

Go Outside

SPLASH WATER ON MY FACE

BREATHE DEEPLY

SWIM

WORKOUT

DO SOME GARDENING

CLEAN

RING A FRIEND

CUDDLE WITH A PET

SING A SONG

Create

CROCHET

Connect

LOOK AT FAMILY PHOTOS

BAKE

HUG SOMEONE

HAVE A DANCE PARTY

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