

Things  
to Say

30

for Boosting  
Resilience



IN STUDENTS



1. You are valuable.	16. You get better every time you practice.
2. I appreciate your input.	17. You can accomplish it.
3. Give it another try; I believe in you.	18. You can do hard things.
4. You gave it your best.	19. You will learn from this, and it will be easier next time.
5. Its okay to feel that way, it's a normal reaction.	20. You can feel uncomfortable and still deal with this.
6. I know you can achieve your goal.	21. This setback will give you strength.
7. Your brain is growing by learning new things.	22. I know you are on the right track.
8. You can use your coping skills and get through this.	23. Mistakes help you learn.
9. You are always improving.	24. You can practice and get better.
10. You are brave.	25. Your effort paid off.
11. You haven't figured it out yet, but you will.	26. I see that you aren't going to give up.
12. You are always making progress and improving.	27. You can overcome difficulties.
13. Its okay to make mistakes. They help you learn.	28. I see you are always giving your best effort.
14. You have many skills and talents.	29. If you don't understand it, you ask for ideas and new strategies. That will really pay off.
15. You are tough. You bounce back after a setback.	30. You can recover after a stumbling block.