

# Developing Resiliency Skills

## GRATITUDE

The ability to notice the good things, people, and places in your life.

## KINDNESS

Giving and receiving thoughtful words and caring actions.

## SELF-COMPASSION

The ability to be kind and accepting to yourself when you make a mistake or face a challenge.

## GROWTH MINDSET

A set of beliefs that shape how you view the world and yourselves.

## CHARACTER STRENGTHS

A set of beliefs that shape how you view the world and yourselves.

## COPING TOOLS

Strategies you use or activities you do to manage your big emotions and regulate your body.

## EMOTIONS

Your ability to identify, name, and understand your feelings.

## MINDFULNESS

Noticing your thoughts, feelings, and physical sensations in the present moment.