

Kindness • Gratitude • Self-Compassion
Growth Mindset • Character Strengths
Emotions • Coping Skills • Mindfulness

RESILIENCY WORKBOOK



About This Workbook – Educator Guide

This workbook covers key concepts that form the foundation of resiliency. Resilience gives us the ability to bounce back from setbacks and deal with life's challenges. This workbook captures eight areas including gratitude, mindfulness, kindness, self-compassion, emotions, coping skills, growth mindset, and character strengths which help us to cultivate greater resilience. Engaging worksheets, activities, cards, and other fun tasks such as a word search and secret message decoder are designed to help the learner develop the foundations of resilience.

GRATITUDE. Gratitude is the ability to notice the good things, people, and places in our lives. Research tells us that people who regularly practice gratitude perform better across several areas including lower rates of depression, while also enhancing positive mental states such as joy, optimism, and calmness. Worksheets and activities in this workbook include:

- Gratitude Journal
- 7 Day Gratitude Challenge

MINDFULNESS. Mindfulness is noticing our thoughts, feelings, and physical sensations in the present moment. Paying close attention helps us refocus and attend to what is happening around us in the moment. Research on mindfulness tells us that practicing mindfulness has many positive effects on our bodies and brains. People that practice mindfulness have better physical health, stronger immune system, and feel happier, according to research. Other studies have looked at mindfulness programs in schools. Students who participate in these programs in school are less prone to behavioral problems and show higher achievement. Mindfulness improves our resilience and well-being. Worksheets and activities in this workbook include:

- Mindful Sensing
- Mindful Flower Breathing

KINDNESS. Kindness is giving and receiving considerate and thoughtful words. Kindness can also be giving and receiving caring actions from others. Being able to notice everyday acts of kindness helps us strengthen our propensity for kindness. The more we notice and practice acts of kindness, the more likely we are to automatically respond with kindness in various situations. Worksheets and activities in this workbook include:

- Kindness Challenge
- Kindness Cards

SELF-COMPASSION. Self-compassion is our ability to be kind and accepting to ourselves when we make a mistake or face a challenge. Everyone faces challenges and obstacles. It is sometimes easier to self-criticize and judge our faults. When we cultivate self-compassion, however, it allows us to respond to setbacks and adversity in a more positive and productive way. Research on self-compassion has been linked to many positive mental and physical health outcomes which include lower rates of stress, anxiety, and depression, and higher rates of happiness and resilience. Worksheets and activities in this workbook include:

- Letter of Self-Compassion
- Self-Appreciation

COPING SKILLS. Coping tools are strategies we use or activities we do to manage our big emotions and regulate our body to deal with challenges and demands. When we use coping skills we can more easily bounce back from disappointments, anger, or sadness. We are better equipped to self-soothe when upset and be willing to ask for help. Worksheets and activities in this workbook include:

- Coping Skills to Change Your Reaction
- Interest Inventory

About This Workbook – Educator Guide cont.

EMOTIONS. People who can identify and manage their emotions form the foundation of emotional regulation, which is essential to becoming emotionally “fit”. By naming, interpreting, and managing emotions, we increase our capacity to handle frustration, cooperate with others, and excel in work and school. This workbook highlights four specific emotions (disappointment, content, frustrated, mad) and helps the learner understand how to classify them within a colored zone of emotion. Worksheets and activities in this workbook include:

- The Color of Feelings
- Feelings Reflection

GROWTH MINDSET. Our mindset is a set of beliefs that shape how we view the world and ourselves. A fixed mindset is believing that basic qualities, like intelligence or talent, are simply fixed traits, whereas a growth mindset is believing that we can learn more or become smarter through hard work and perseverance. We all have a mix of both fixed and growth mindsets. Understanding our mindsets as well as developing goal setting skills helps us tackle difficult problems and reach our goals. Worksheets and activities in this workbook include:

- Growth versus Fixed Mindset
- Make it a Growth Mindset!
- This workbook helps learners explore the importance of goal setting using the SMART goal structure as well as developing goals within four areas of their lives.
- Growth Mindset Cards are included for practicing positive affirmations.

CHARACTER STRENGTHS. Character or personal strengths are defined as a personal capacity for a particular way of behaving, thinking, or feeling that is authentic and energizes us. Being able to identify and use our character strengths has been linked to many benefits including improved physical health, greater well-being, and stronger performances in school. Psychologists Martin Seligman and Christopher Peterson researched and identified 24 core strengths of character that appear to be almost universal. Worksheets and activities in this workbook include:

- Character Strengths (fairness, hope, perspective)
- You At Your Best!

BONUS activities and worksheets:

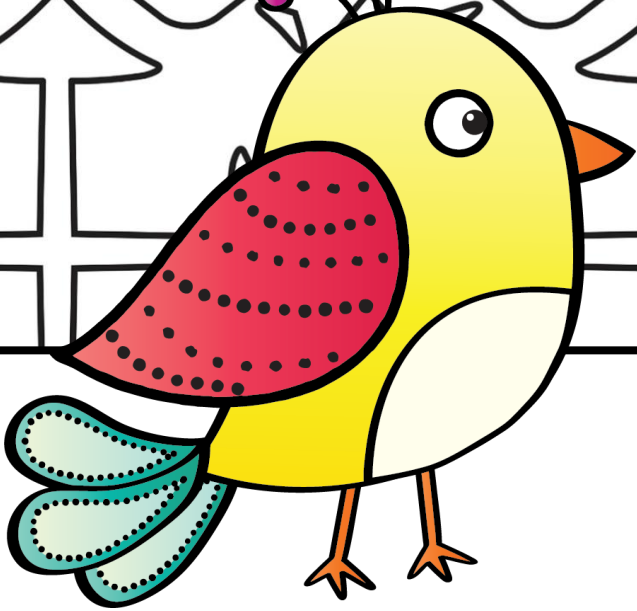
- Coloring Pages (mandala and seasonal image)
- Seasonal Maze
- Categories Word Challenge
- “Chit Chat” Cards
- Crossword Puzzle (with answer key) using the vocabulary and concepts learned within this workbook
- Word Search (with answer key) using the vocabulary learned within this workbook
- Secret Decoder (with answer key)
- Personal Shield

Why teach resilience?

Learning healthy ways to cope allows us recover more quickly from adversity. Research tells us that these skills can be taught. Becoming more confident in our capabilities, including the ability to respond and deal with life’s challenges is a means to build our resilience.

How to use this workbook:

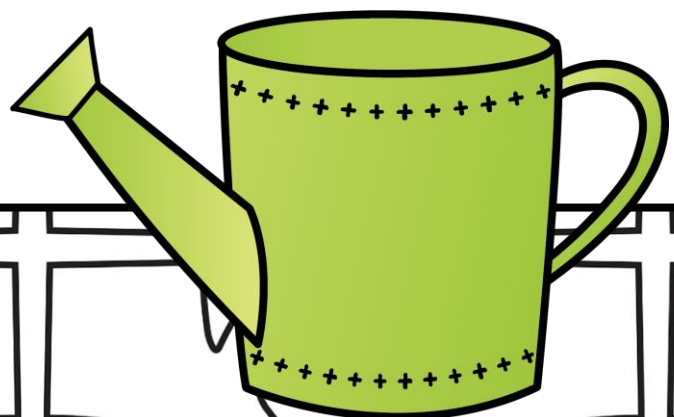
The workbook pages are intended to be “at your desk” style with very little direct instruction required from the educator. There is not a “right” way to use this workbook. Start from the beginning and work through the pages in sequence OR mix it up and begin wherever you’d like!



Super Spring

My Resiliency Workbook

NAME: _____



Spring Resiliency Workbook - Table of Contents

BIG IDEA: Welcome to the Spring resiliency workbook! This seasonal workbook covers the topics of gratitude, mindfulness, kindness, self-compassion, emotions, coping skills, growth mindset, and character strengths. These 8 key areas form the basis of resiliency!

Page #	Title	Description
1	Super Spring	Cover page
2	Table of Contents	Overview and description of worksheets
3	Developing Resiliency Skills	Foundational areas that impact resiliency
4	Spring Interest Inventory	Identify seasonal activities that bring you joy
5	Spring Gratitude Journal	Journal page to recognize what you are grateful for
6	Mindful Sensing	Use 5 primary senses to notice the present moment
7	Spring Kindness Challenge	Boost happiness when you notice kindness acts
8	Categories Spring Word Challenge	"Scattergories"-style word challenge
9	The Color of Spring Feelings	Identify 4 feelings and their colored zone of emotion
10	Spring Letter of Self-Compassion	Write about a challenge and how to be kind to yourself
11	Spring Mandala	Coloring page
12	Growth vs. Fixed Mindset?	Decide whether a mindset scenario is growth or fixed
13	Spring Character Strengths	Learn 3 personal strengths and answer reflection Qs
14	Self-Appreciation	Explore your good qualities and skills
15	Spring Secret Decoder	Solve for the secret message
16	7 Day Gratitude Challenge	Observe and make note of things you are grateful for
17	Spring Mindful Breathing	Develop your "Flower Breathing" technique
18	Spring Kindness Cards	Personalize and distribute notes of kindness
19	Feelings Reflection	Reflect on your emotions with these 4 questions
20	Coping Skills to Change Your Reactions	Change your actions by using coping skills
21	Make It a Growth Mindset!	Turn a fixed mindset phrase into a growth mindset
22	Spring Coloring	Quote and coloring page
23	You At Your Best	Understand how you use your personal strengths
24	Spring Word Search	Use words from this workbook and the season
25	Spring Chit Chat Cards	With a partner, answer these questions
26	Spring SMART Goal Setting	Learn to write a goal using the SMART framework
27	Spring Maze	Maze page
28	Spring Crossword Puzzle	Words and terms are used within this workbook
29	Spring Goals	Write goals within 4 areas of your life
30	Spring Personal Shield	Design a shield with your special interests/strengths
31	Spring Positive Affirmations	Use these growth mindset cards for positive self-talk
32-34	Answer Keys to Word Puzzles	Secret Message Decoder, Word Search & Puzzle

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.

MINDFULNESS

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

Resiliency gives you the ability to bounce back from setbacks and deal with life's challenges. The foundations of resiliency consist of these 8 key areas.

SELF-COMPASSION

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

EMOTIONS

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

GROWTH MINDSET

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.

CHARACTER STRENGTHS

Your capacity for a way of behaving, thinking, or feeling that energizes you.

Learning healthy ways to cope will allow you to recover more quickly from struggles. This helps you become more confident and build resilience!





Below is a list of activities that are often done in the Spring. Read through this list and mark which of these activities you enjoy doing now and ones that you are willing to try. Doing things that bring you joy can help you relax and feel good.

	Spring Activity		Done It!	Willing to Try	Not Now
	Have a picnic in the park.				
	Pick a bouquet of flowers.				
	Fly a kite.				
	Jump in puddles.				
	Feed ducks and geese.				
	Climb a tree.				
	Watch bumblebees at work in a garden.				
	Make and drink lemonade.				
	Go for a bike ride in the neighborhood.				
	Take a hike.				
	Listen to the birds singing.				
	Do a leaf rubbing or leaf craft.				
	Eat hard boiled eggs.				
	Press flowers into a book.				
	Plant strawberries.				
	Make a birdfeeder.				
	Clean out a drawer or cupboard.				
	Draw with sidewalk chalk.				
	Help plant a garden.				

Spring Gratitude List

Gratitude is the ability to notice the good things, people, and places in your lives. Spring is a time of blooming flowers and warmer days. Think about things that you are glad (or grateful) to have in your life. Below, write down at least 10 things you are grateful for this season.

I am grateful for...

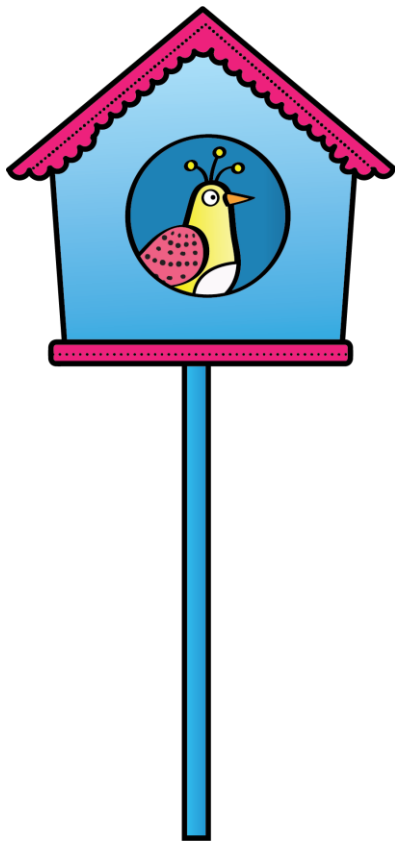
Rainbows!






Spring flowers!

Skateboarding
with my friends!

Mindful SENSING

Mindful Sensing. Calm your body. Try and be still and quiet. Take one minute to be aware of what is going on around you right now. Using your 5 primary senses of sight, sound, smell, taste and touch, write down 5 words or phrases that best describe what you are sensing in the present moment. .



What can you SEE? 1) 2) 3) 4) 5)	
What can you HEAR (SOUND)? 1) 2) 3) 4) 5)	
What can you SMELL? 1) 2) 3) 4) 5)	
What can you TASTE? 1) 2) 3) 4) 5)	
What can you TOUCH (FEEL)? 1) 2) 3) 4) 5)	

Reflection Questions: How does your body feel? What did you notice in your body?



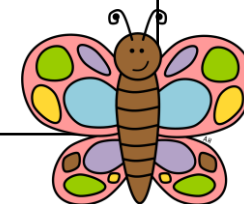
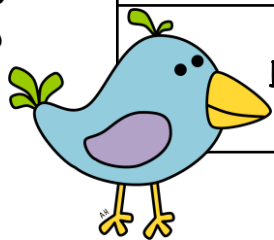
SPRING Kindness CHALLENGE



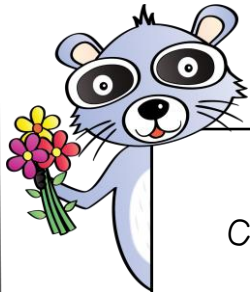
Giving and receiving compliments and kind words is an act of kindness. These acts give a boost of happiness to the person you say them to and to you! Below, write down acts of kindness that you gave or received for 7 days.



DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	



Categories SPRING Word Challenge



DIRECTIONS: Read each clue down the left column. Try and identify a word or short phrase that starts with the letter at the top. Write it in the corresponding box.


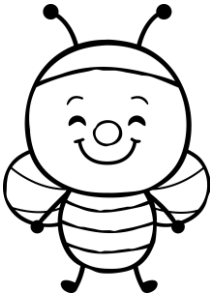

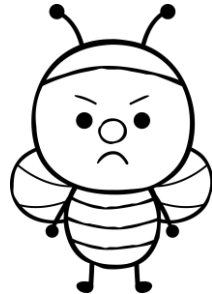
CLUE	S	P	R	I	N	G
Words associated with spring						
Insects						
Farm animals						
Things you make						
Store names						

The Color of Spring Feelings

Recognizing and naming your feelings is an important step in dealing with emotions. When you can do this, it helps you handle your behaviors and actions. Feeling words can be placed into colored zones of emotion. This season you will review four feeling words.

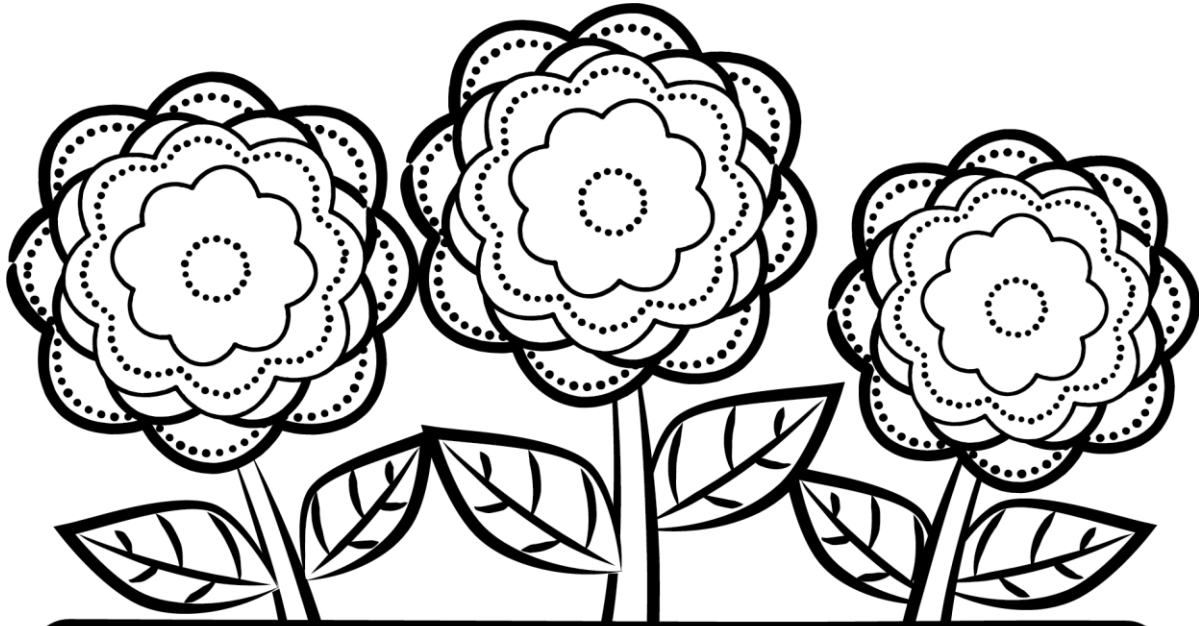
- **Disappointed** means being let down and upset. It is a blue zone emotion.
- **Content** is feeling pleased and happy. It is a green zone emotion.
- **Frustrated** is being irritated or annoyed. It is a yellow zone emotion.
- **Mad** is feeling angry or even furious. It is a red zone emotion.

DIRECTIONS: Below, label each zone of emotion with the correct emotion word from above. Next, answer the reflection question. Last, color in each emoji with the correct zone color.

<u>Feeling word:</u>	<u>Feeling word:</u>	<u>Feeling word:</u>	<u>Feeling word:</u>
What does your face and body feel like when you have this emotion?	What does your face and body feel like when you have this emotion?	What does your face and body feel like when you have this emotion?	What does your face and body feel like when you have this emotion?
 BLUE	 GREEN	 YELLOW	 RED

SPRING Letter of Self-Compassion

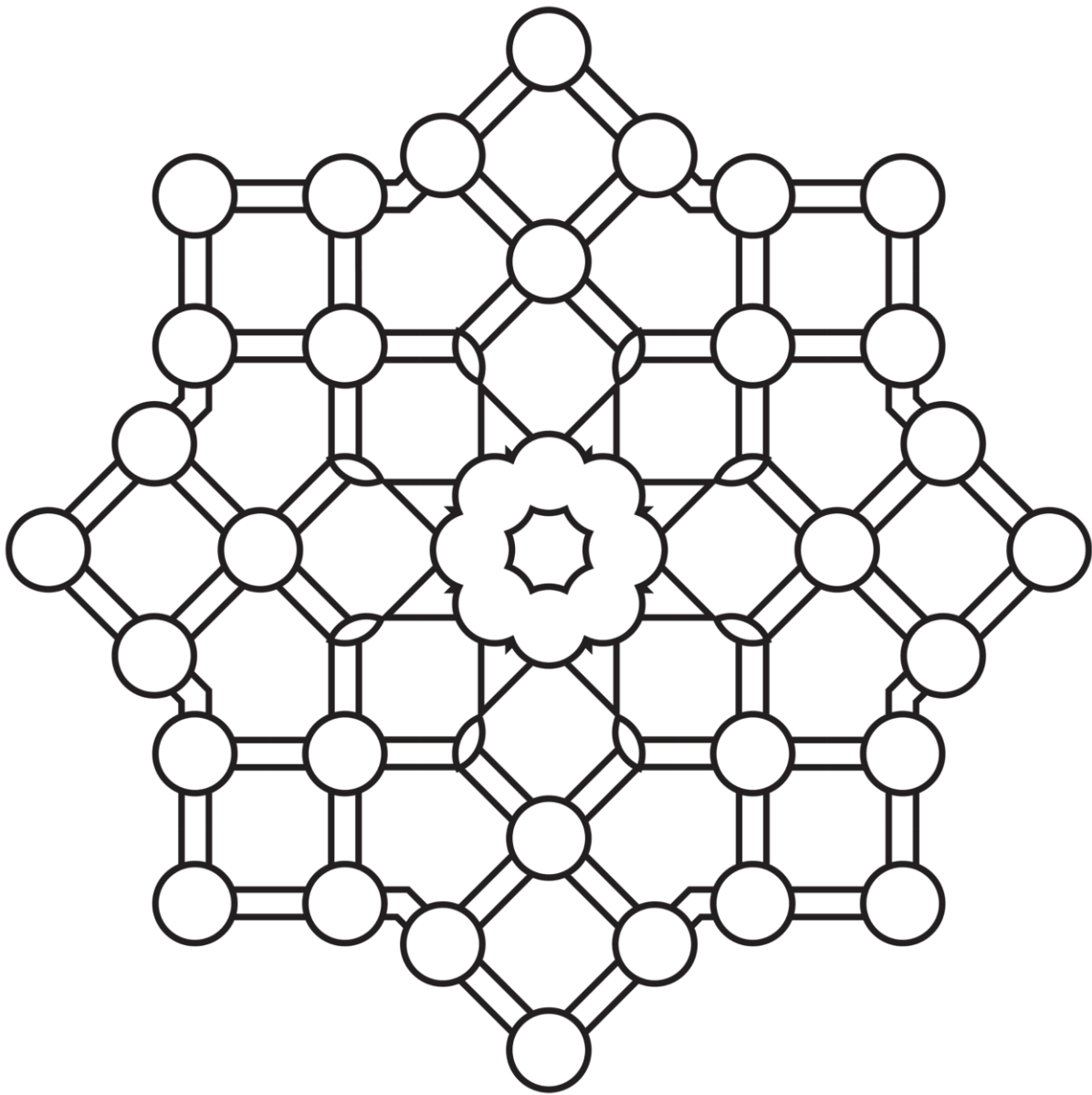
Self-compassion is being kind and accepting to yourself when you make a mistake or face a challenge. Are you as kind to yourself as you are to your friends? Notice your thoughts and feelings. Everyone faces challenges and obstacles. You are not alone. Write a letter of self-compassion. In this letter, think of a challenge or a mistake you made. Next, list two ways you can be kind and understanding to yourself.



Dear Me,

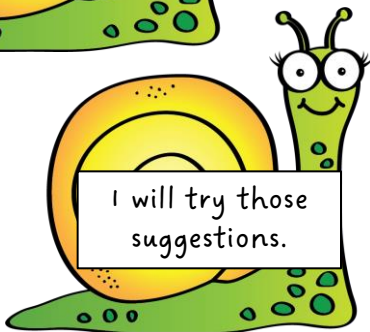
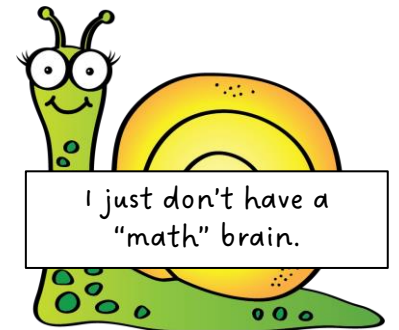
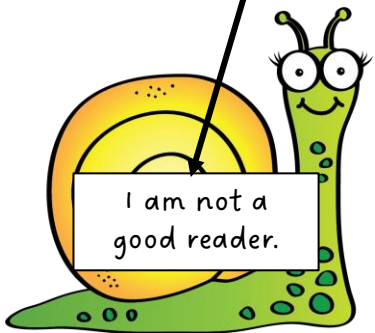
From Me

Spring Mandala

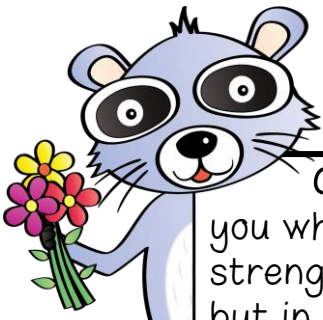


Growth vs. Fixed MINDSET?

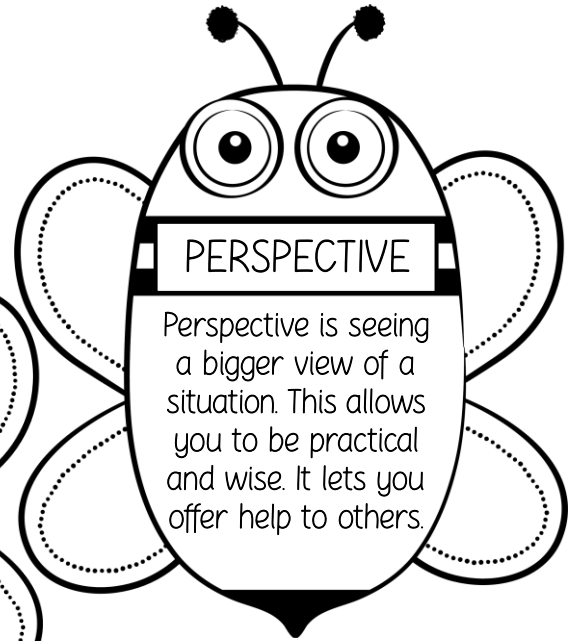
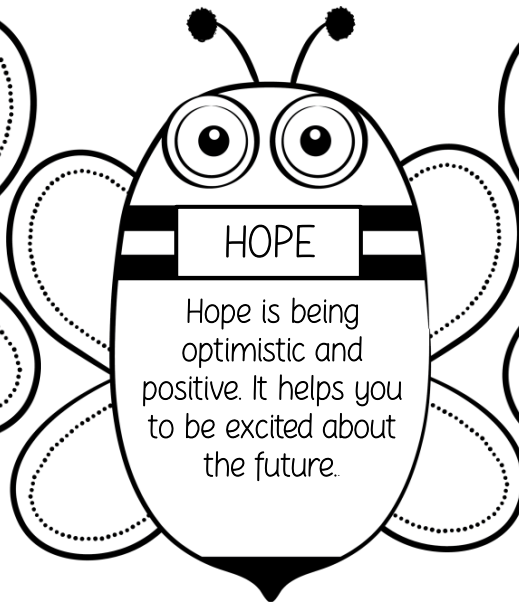
Your MINDSET is a set of beliefs that shape how you view the world and yourself. Read the definitions of a fixed and growth mindset below. Next, read the scenarios. Decide whether the scenario is an example of a fixed or growth mindset. Draw a line to connect it to the correct choice.



Spring Character STRENGTHS



Character strengths are personal traits that make up you who you are as a person. There are 24 different character strengths. You have all these character strengths within you, but in different amounts. This season you will learn about the strengths of fairness, hope, and perspective.



DIRECTIONS: Read through each of these character strengths above. Next, answer the reflection questions below using your strengths.

On a scale of 1 to 5 (with 1 = LOW and 5 = HIGH), how high would you rate your FAIRNESS? _____
You are playing in a competitive game and see that your teammate has cheated.
How can you use your character strength of FAIRNESS to help you with this situation?

On a scale of 1 to 5 (with 1 = LOW and 5 = HIGH), how high would you rate your HOPE? _____
You were told that your spring break plans had changed.
How can you use your character strength of HOPE to help you with this situation?

On a scale of 1 to 5 (with 1 = LOW and 5 = HIGH), how high would you rate your PERSPECTIVE? _____
Your friend didn't get the lead part in the play she auditioned for, but she did get a part. How can you use your character strength of PERSPECTIVE to help you support your friend?

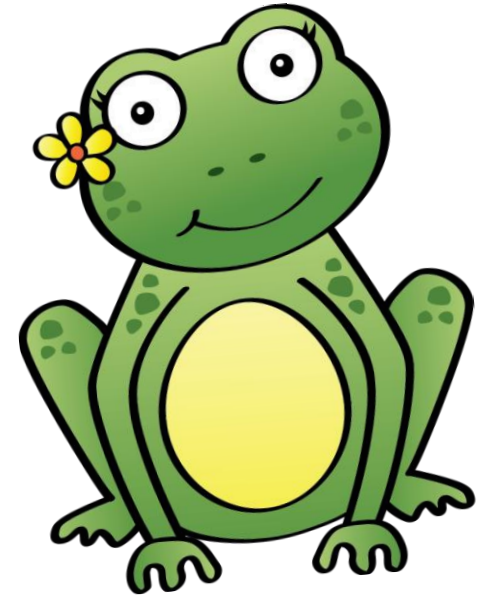


SPRING Self-Appreciation

All about my skills and good qualities

Most of you know how much easier it is to focus on your weaknesses rather than your strengths. When you do this, you may be too hard on yourself. Self-compassion teaches you to notice what is good and positive about yourself rather than your faults. This helps you become more resilient.

DIRECTIONS: In this activity, you will list six things about yourself that you think are positive and good. You can list skills and personal traits. You can also list accomplishments that you have done. These things make you feel good inside.



SPRING SECRET Decoder

DIRECTIONS: Use the key below to figure out each letter and solve the secret message!



A	B	C	D	E	F	G	H	I	J	K	L	M

N	O	P	Q	R	S	T	U	V	W	X	Y	Z

7 Day SPRING Gratitude CHALLENGE

Gratitude is a positive emotion and feels good. Complete this 7-day gratitude challenge. For one week, observe things in your life in which you are grateful. Write down or draw thoughtful, caring, and/or nice things that you observed or that others did for you that caused you to feel grateful.



SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

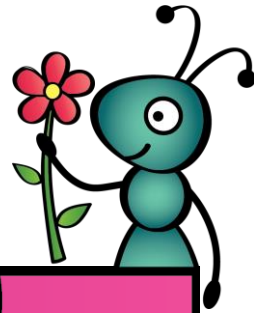


SATURDAY

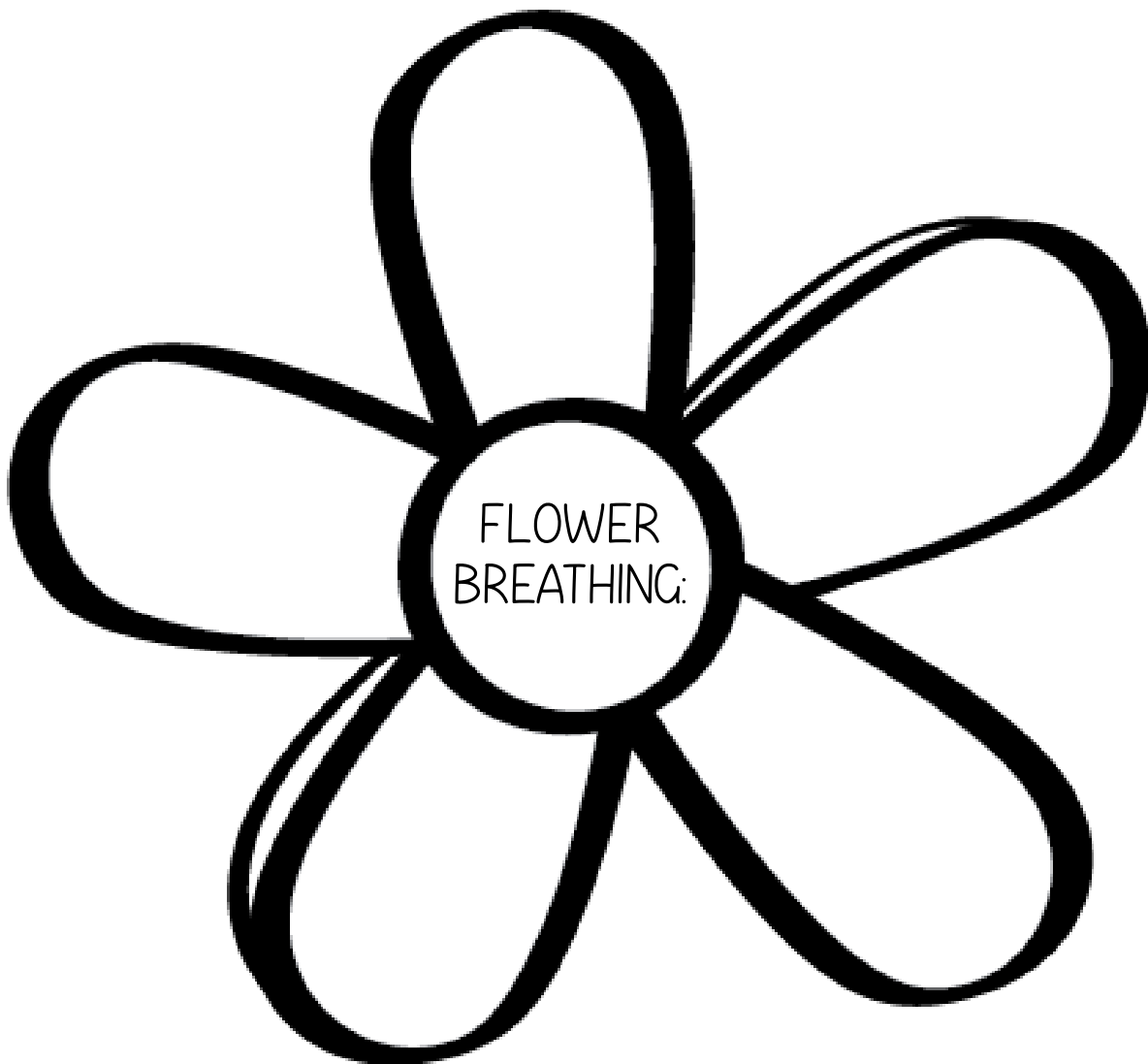
Reflection Question: Look at each day and what made you feel grateful. What types of situations do you feel more grateful?

SPRING Flower BREATHING

Mindful Breathing is a science-based strategy that calms the body's nervous system by slowing heart rate, lowering blood pressure, and improving focus.



Think about smelling a pretty flower. Using your finger, trace along the outside of the petals. For each petal, breathe in slowly and think about the wonderful scent. Breathe out even more slowly and notice how your body feels. Repeat.



SPRING Kindness CARDS

Use these cards to help spread kindness to those around you!

Dear _____

I appreciate you!



Dear _____

I enjoy talking to you!



Dear _____

You are a special friend!



Dear _____

You are always kind to me.



Dear _____

I like being your friend.



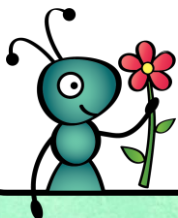
Dear _____

You are so funny!
I appreciate your sense of humor.



Dear _____

I like how you treat others.
You are very caring!



Dear _____

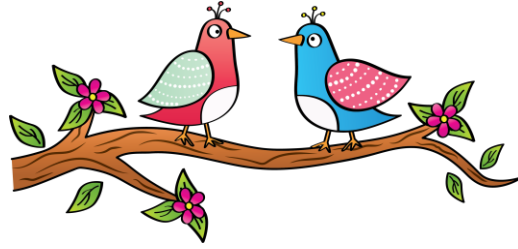
You are amazing!



Dear _____



Feelings Reflection



Describe a time when you were **disappointed**. Did you use a calming or coping strategy to help you feel better? Did it work? Why or why not?

Describe a time when you recently felt **content**. What were you doing? Is this something that you can repeat?



Describe a time when you were really **frustrated**. Did you use a calming or coping strategy to help you get back to feeling calm and focused? Did it work? Why or why not?



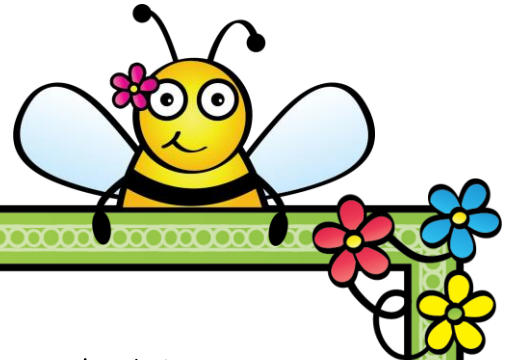
Describe a time when you were really **mad**. Did you use a calming or coping strategy to help you feel better? Did it work? Why or why not?

COPING SKILLS

to Change Your Reactions

Everybody has big feelings at times. This is normal. You may not be able to control these feelings, but you have power over your reactions. You can choose to use coping skills that help you change your ability to deal with these big emotions.

DIRECTIONS: Circle the coping skills you could use to help you deal with big emotions.



Watch a funny movie.

call a special relative.

Watch a sensory bottle.

Go for a run.

Name 3 things I am grateful for.

Take 5 Mindful Flower Breaths.

Eat a chewy snack.

Ask for help.

Close my eyes for a minute.

Sip water through a straw.

Complete a dot-to-dot, word find, or maze.

Read a book.

stretch high and low.

Check out the spring flowers.

Apply scented lotion.

Smile.

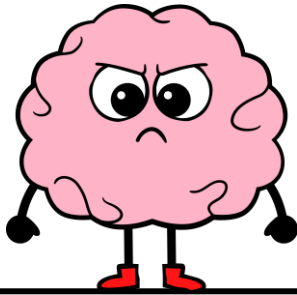
Lift heavy items such as a stack of books.

Others (list):

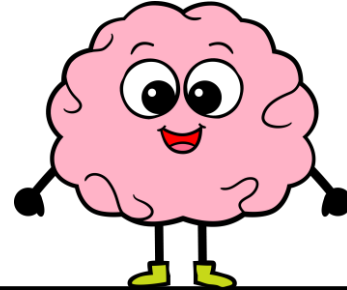
Listen to music.



Make it a Growth



When your perspective is with a FIXED MINDSET, your thinking is rigid, and your thoughts are often exaggerated, harsh or untrue. With a fixed mindset, it may be difficult to see the bigger picture and find solutions. A fixed mindset holds you back and keeps you stuck. You are most likely to Spring into a fixed mindset when you are stressed, scared, or angry.

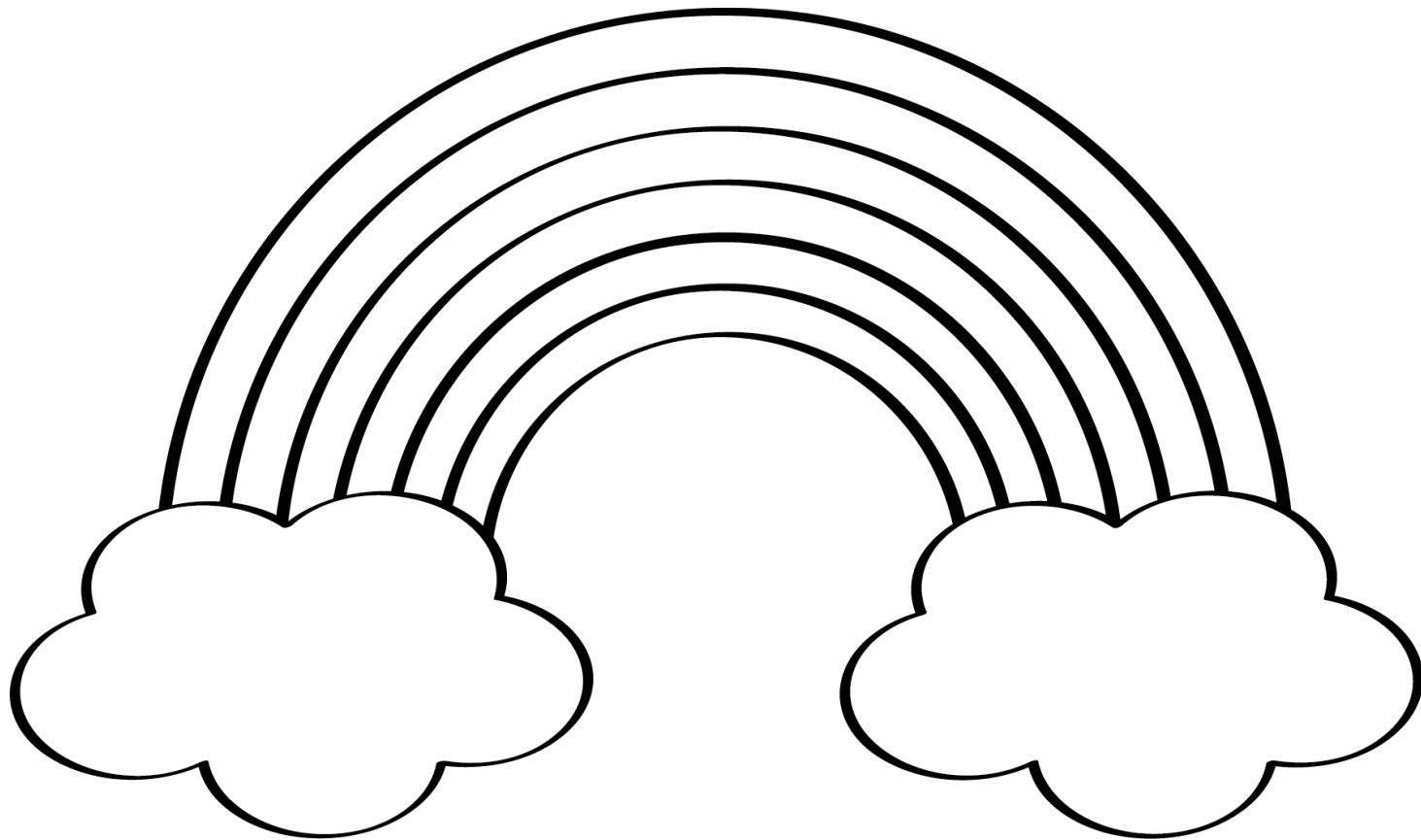


When you view the world from a GROWTH MINDSET, your thinking is flexible and optimistic. You know that things can change over time by putting in effort, trying new strategies and surrounding yourself with supportive friends. With a growth mindset, you see struggle as an opportunity, and you can consider multiple solutions to a difficult problem and ask for support. It is easier to have a growth mindset when you are happy, relaxed, and confident.

DIRECTIONS: Read each of the fixed mindset phrases below. See if you can rewrite them using a growth mindset in the spaces provided.

FIXED MINDSET	GROWTH MINDSET
This is too hard.	I can do this if I put in the time and effort.
It's too embarrassing to ask for help.	
This is good enough.	
I have to be perfect.	
I have failed at this.	
Things will always be this way.	
Why should I try hard?	

Make today a rainbow day!



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You At Your BEST!

Discovering your character strengths

The character strength of **FAIRNESS** is caring about what is right and fair. It is not being one-sided but being able to look at both sides to figure out what is just. Fairness allows you to give everyone a fair chance.

Can you list 2 ways you have used your fairness character strength either at school or at home? (HINT: Think about when you had a disagreement with someone and thought about their views. Or think about certain rules you must follow and think about why they are in place.)

The character strength of **HOPE** is being optimistic and positive. It helps you to be excited about the future. Hope allows you to believe in a good future.

Can you list 2 ways you have used your hope character strength either at school or at home? (HINT: Think about what you are looking forward to such as a vacation. Or think about something you are looking forward to doing)

The character strength of **PERSPECTIVE** is seeing a bigger view of a situation. It lets you offer help to others. Perspective allows you to be practical and wise, giving everyone a fair chance.

Can you list 2 ways you have used your perspective character strength either at school or at home? (HINT: Think about when you've had to make a choice between two things. Or when you've offered helpful information or advice to a friend.)



SPRING WORD SEARCH

P Z K H R H Z A U F G H L Q Y
 E D P I F I D A A L R O D R L
 V A L C N J W I S M A P E Z F
 I B E K V D R M O X T E T O R
 T X S P R N N S A T I J N M E
 C O X P E Z S E N D T Q I T T
 E J H S R O Q E S V U N O C T
 P O S U L I T T L S D M P D U
 S Q H B A N N I Q F E K P O B
 R D C Y O P H G U B E E A P I
 E W R C H X G L K L C L S G B
 P H M I C C N U I A A X I E S
 O P Z K B E H E X U M H D H Z
 K F R U S T R A T E D D X S V
 R E C S W Q F U R E W O L F W

WORD BANK:

HINT: Words can be spelled forward, backward, and/or diagonal.



SPRING	HOPE	FAIRNESS	PERSPECTIVE
DISAPPOINTED	CONTENT	FRUSTRATED	MAD
FLOWER	BIRDS	BUTTERFLY	BLOSSOM
BEE	GRATITUDE	MINDFULNESS	KINDNESS

SPRING Chit Chat CARDS

With a partner, take turns answering these questions.

What is your favorite SPRING activity?



Where would you most like to take a SPRING vacation?



What is the craziest thing you've ever done? Would you do it again?



What is a gift you got recently that you would like to give away? Why?



If you could be a professional musician or sports star, which one would you be? Why?



What is the hardest subject for you in school?



What do you think your friends like most about you?



What is your favorite song?



If you could have any superpower, what would it be? Why?



What is your LEAST favorite season? Why?



What is your biggest fear?



What is the hardest thing about getting ready for school in the morning?



If you could do one thing now that you are not old enough to do yet, what would it be?



What is your favorite food or meal item?



If you were the principal of your school, what rule would you change? Why?

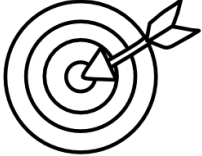
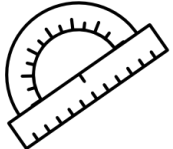
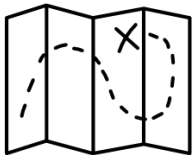
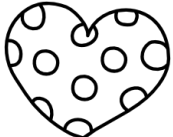



Spring SMART Goal Setting

A major part of developing a growth mindset is goal-setting. SMART goals help you achieve success by making the goal specific, measurable, achievable, realistic, and timely. The SMART goal setting method helps you push your limits, gives you direction to stay focused, and helps you reach your goals on time. Use the template below to write a SMART goal.

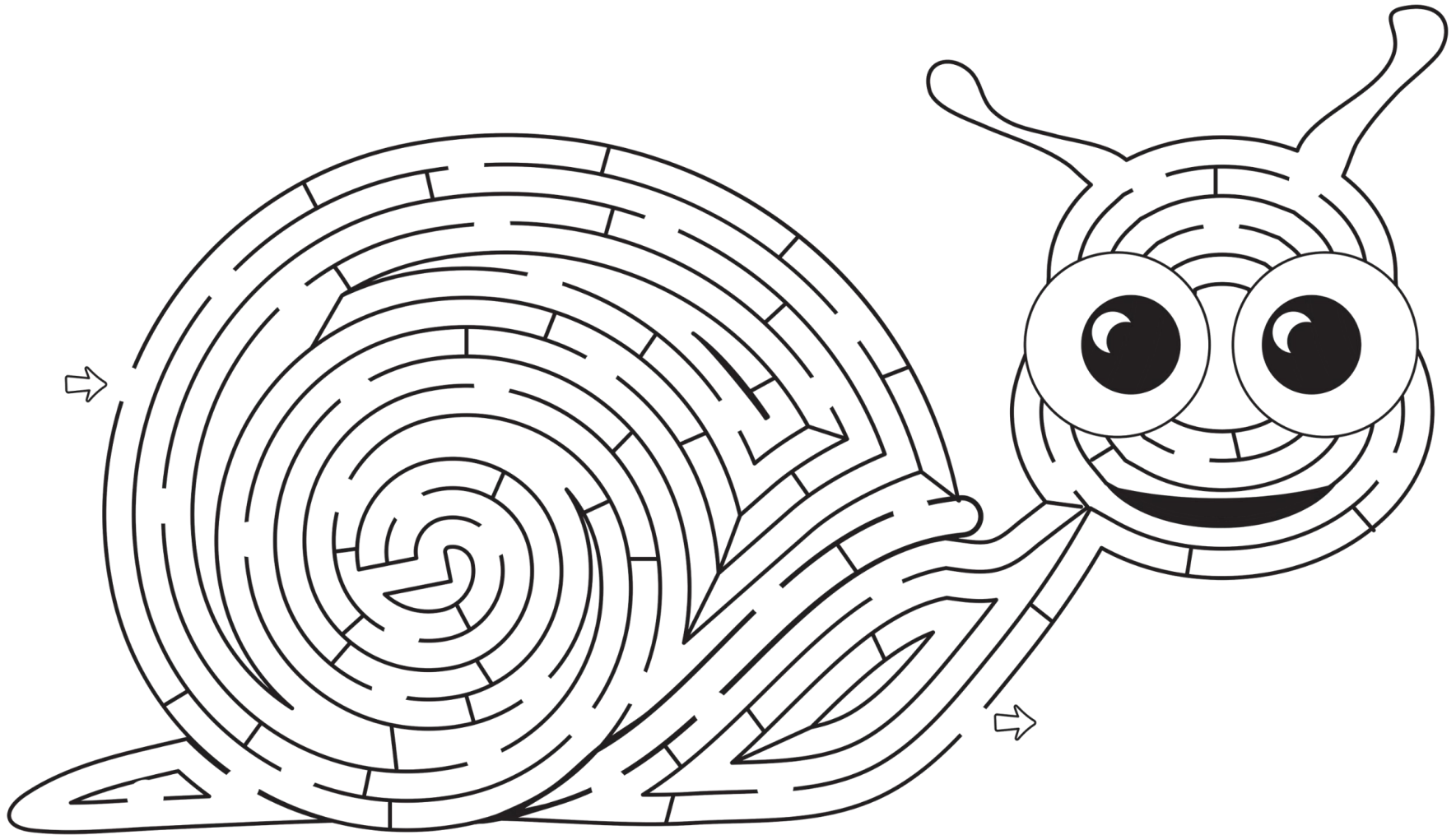


My Spring goal: _____

S	SPECIFIC 	What exactly would you like to accomplish?
M	MEASURABLE 	How will you measure your progress and how will you know you have met your goal?
A	ATTAINABLE 	Can you reach your goal in the timeframe? What resources do you need to reach your goal?
R	RELEVANT 	Why is this goal important to you?
T	TIMELY 	By what date would you like to achieve your goal?

SNAIL Maze

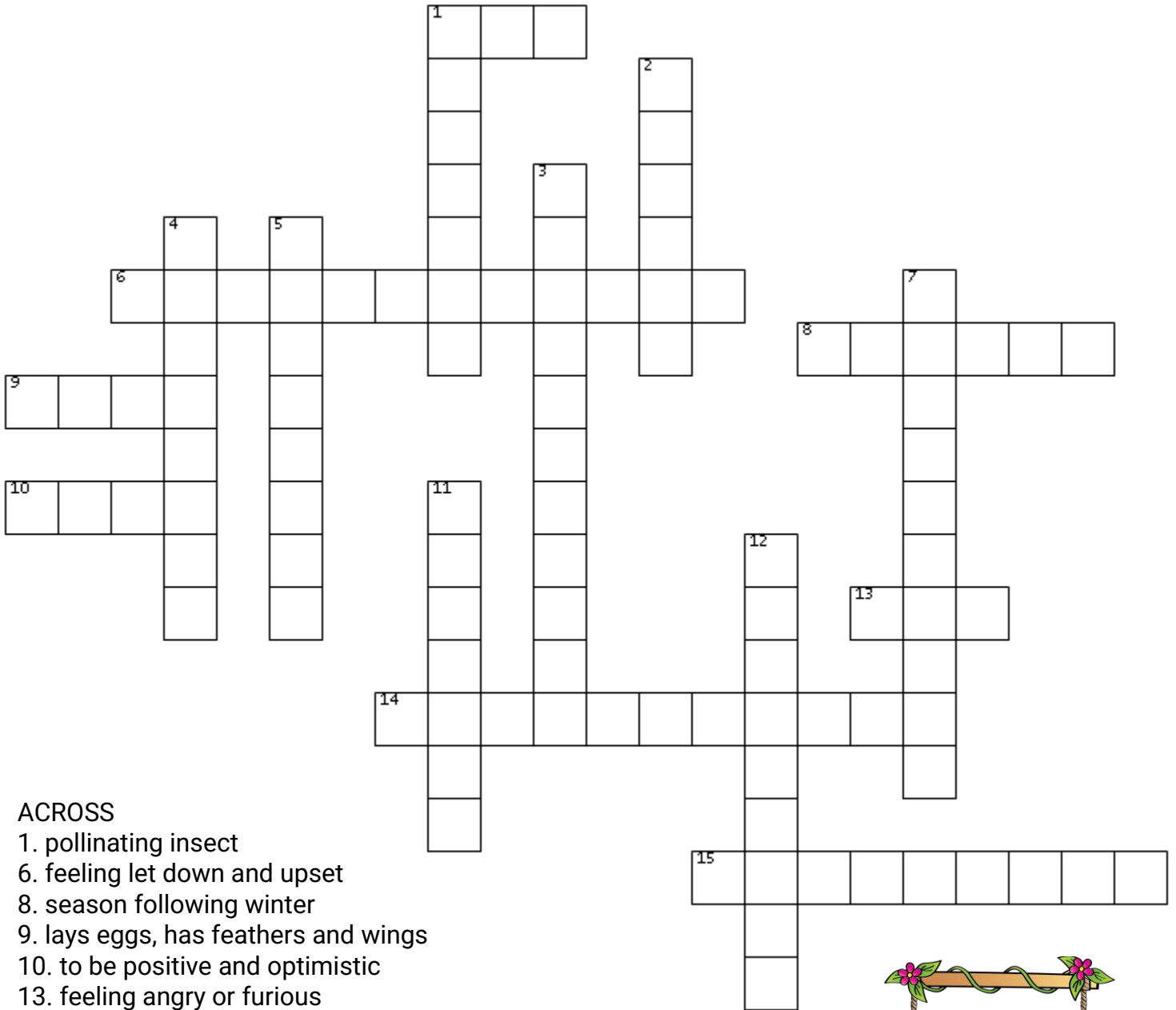
Complete the maze below beginning at the arrow trying to stay inside the path to reach the other side!



SPRING CROSSWORD PUZZLE

Read the clues below and identify the word that fits.

HINT: Many of these words are terms defined within this workbook.



ACROSS

1. pollinating insect
6. feeling let down and upset
8. season following winter
9. lays eggs, has feathers and wings
10. to be positive and optimistic
13. feeling angry or furious
14. seeing a bigger view of a situation
15. beautiful flying insect that emerges from a chrysalis

DOWN

1. bud of a flower
2. plant that has blossoms
3. noticing your thoughts and sensations in the present moment
4. giving and receiving thoughtful words and caring actions
5. caring about what is right, seeing both sides
7. feeling irritated or annoyed
11. feeling happy and pleased
12. noticing the good things, people, and places in your life



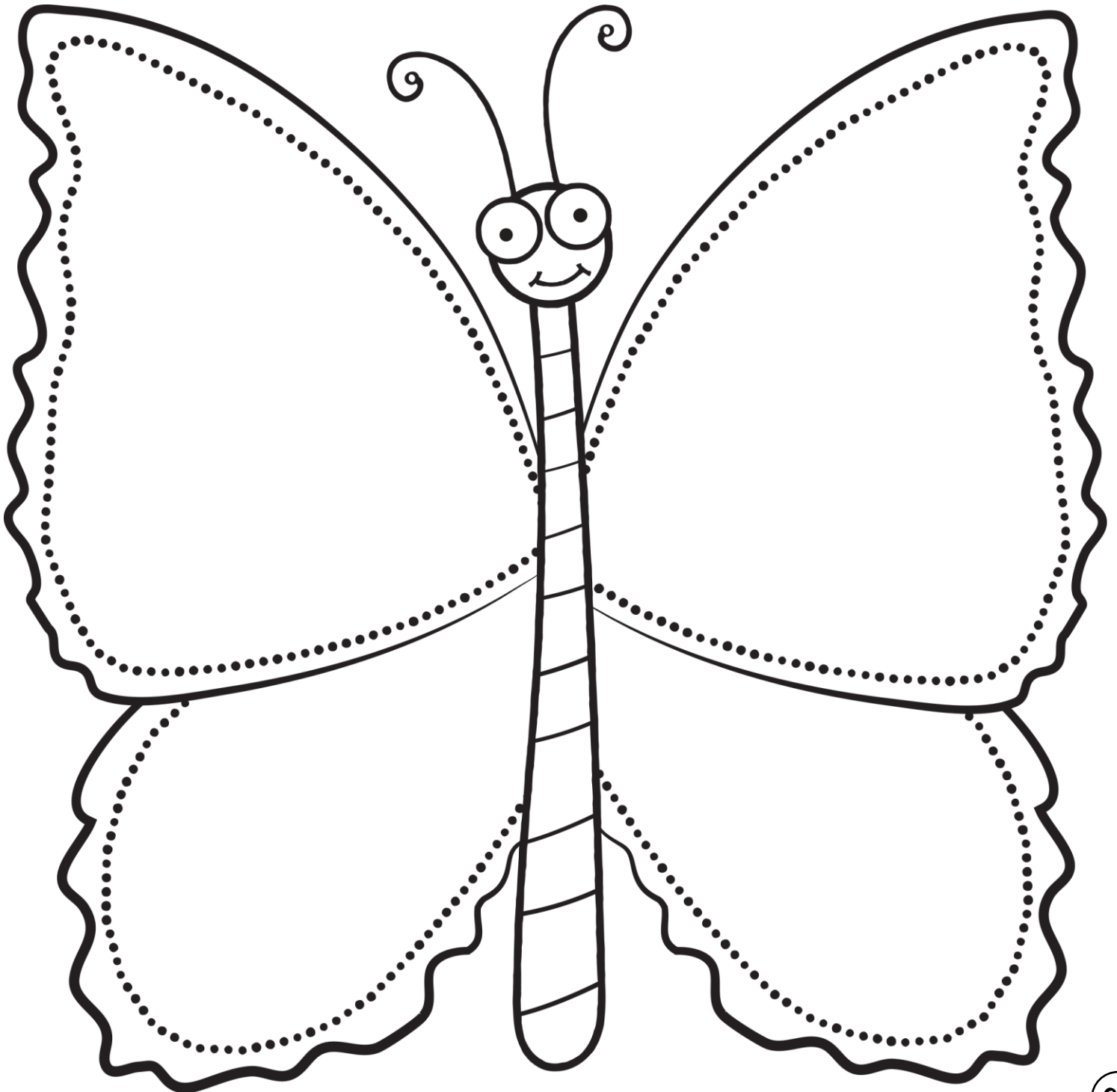
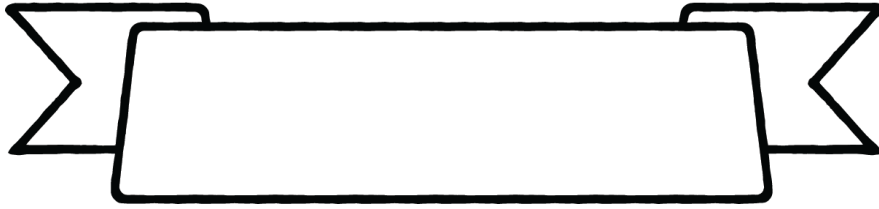
Spring Goals

Just like a ball is best when full of air and balanced on all sides, you are at your best when you are balanced. Write a goal for four areas of your life: academic, emotional, social, and athletics. Think about how you will feel when you have reached each of these goals. Share your goals with a trusted adult who may have ideas on how to accomplish them and help motivate you. Remember to check in on your Spring goals to stay on track!

The graphic is a large circle divided into four quadrants by a cross-shaped line. The quadrants are labeled as follows: 'ACADEMIC' at the top left, 'EMOTIONAL' at the top right, 'SOCIAL' on the left side, and 'ATHLETIC' at the bottom right. In the center of the circle, there is a cartoon illustration of a green frog with a yellow belly and a small yellow flower on its head. At the bottom left of the page, there is a cartoon illustration of a grey and white skunk holding a bouquet of colorful flowers.

Spring Personal Shield

Use this Spring butterfly as a template to design your personal shield. Draw or write your personal story that best represents you and tells your story through your special strengths, wishes / goals, interests, and special places / people. Use color and be creative!





Spring Positive Affirmation Growth Mindset CARDS

I haven't figured it out yet, but I'll keep practicing!



I can do this if I put in the time and effort!



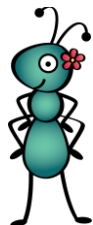
I am always making progress and improving.



I will always give my best effort.



I am resilient. I can rebound after a setback!



If I don't understand it, I will ask for ideas or new strategies.



SPRING SECRET Decoder

ANSWER KEY

N E V E R S T O P



S E A R C H I N G



F O R R A I N B O W S



O R C H A S I N G



Y O U R D R E A M S



A	B	C	D	E	F	G	H	I	J	K	L	M
flower	butterfly	nest	plant	umbrella	water drop	beehive	ladybug	house	boots	bee	leaf	potted plant

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
dragonfly	cloud with rain	ladybug	flower	bee	watering can	leaf	house	shovel	chick	potted plant	gift	cloud

WORD SEARCH

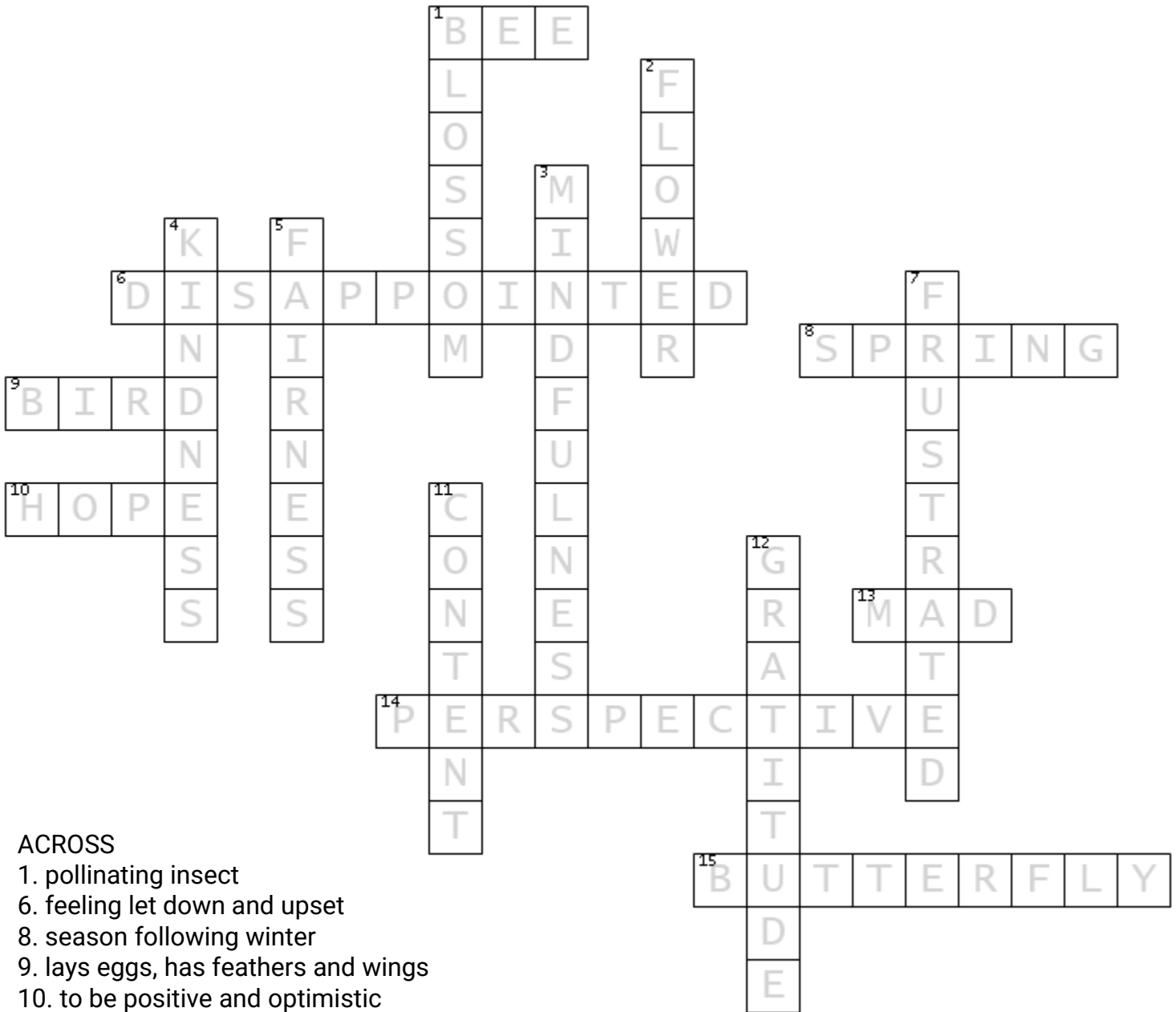
ANSWER KEY

P Z K H R H Z A U F G H L Q Y
 E D P I F I D A A L R O D R L
 V A L C N J W I S M A P E Z F
 I B E K V D R M O X T E T O R
 T X S P R N N S A T I J N M E
 C O X P E Z S E N D T Q Z T T
 E J H S P O Q E S V U N O C T
 P O S U L I T T L S D M P D U
 S Q H B A N N I Q F E K P O B
 R D C Y O P H G U B E E A P I
 E W P C H X G L K L C L S G B
 B H M I C C M U I A A X I E S
 O P Z K B E H E X U M H D H Z
 K F R U S T R A T E D D X S V
 R E C S W Q F U R E W O L F W

SPRING	HOPE	FAIRNESS	PERSPECTIVE
DISAPPOINTED	CONTENT	FRUSTRATED	MAD
FLOWER	BIRDS	BUTTERFLY	BLOSSOM
BEE	GRATITUDE	MINDFULNESS	KINDNESS

CROSSWORD PUZZLE

ANSWER KEY



ACROSS

1. pollinating insect
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12. noticing the good things, people, and places in your life



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CLIP ART CREDITS



ABOUT POSITIVELY MOXIE

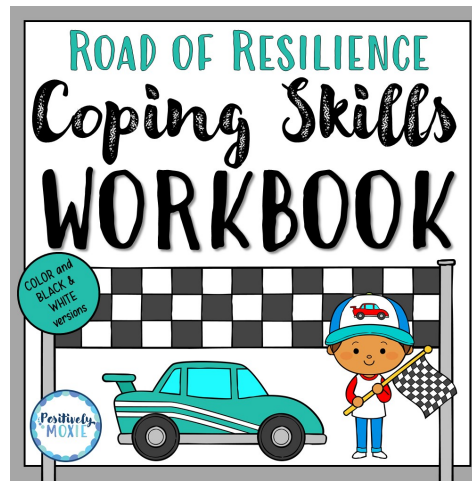
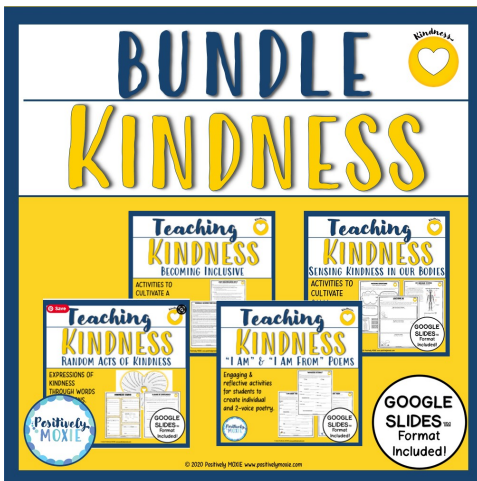
Molly (a junior high school counselor and former elementary school teacher) and Jill (a school-based occupational therapist) have teamed up to empower teachers, counselors, therapists, and parents who want to teach young people the skills needed to better coach their brains for greater flourishing.

We are influenced by the science of positive psychology, counseling techniques, self-regulation, cognitive behavioral therapy, sensory processing, executive functioning, and brain science! We understand our students and youth need as many “tools” in their toolbox as we can give them.

Molly and Jill are passionate about creating relevant, high quality, and actionable resources to address well-being and resilience skills for students!



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