

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

RESILIENCY WORKBOOK

Winter





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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 List
- 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 maintain attention 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 mindfulness programs in school are less prone to behavioral problems and higher achievement. Mindfulness improves our resilience and well-being. Worksheets and activities in this workbook include:

- Mindful Kindness
- Mindful Infinity 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 (exhausted, proud, jealous, furious) 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 (honesty, forgiveness, humor)
- You At Your Best!

BONUS activities and worksheets:

- Coloring Pages (mandala and seasonal image)
- 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 to 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 teacher or parent. 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!



Wonderful Winter

My Resiliency Workbook

NAME:



Winter Resiliency Workbook - Table of Contents

BIG IDEA: Welcome to the Winter resiliency workbook! Teaching our young people healthy ways to cope with life's ups and downs allows them to recover more quickly from adversity. This workbook builds those capacities by covering 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	Wonderful Winter	Cover page
2	Table of Contents	Overview and description of worksheets
3	Developing Resiliency Skills	Foundational areas that impact resilience
4	Winter Interest Inventory	Identify seasonal activities that bring you joy
5	Winter Gratitude List	Journal page to recognize what you are grateful for
6	Mindful Kindness	Seasonal mindfulness concept page
7	Winter Kindness Challenge	Boost happiness when you notice kindness acts
8	Categories Winter Word Challenge	"Scattergories"-style word challenge
9	The Color of Winter Feelings	Identify 4 feelings and their colored zone of emotion
10	Winter Letter of Self-Compassion	Write about a challenge and how to be kind to yourself
11	Winter Mandala	Coloring page
12	Growth vs. Fixed Mindset?	Decide whether a mindset scenario is growth or fixed
13	Winter Character Strengths	Learn 3 personal strengths and answer reflection Qs
14	Self-Appreciation	Explore your good qualities and skills
15	Winter Secret Decoder	Solve for the secret message
16	7 Day Gratitude Challenge	Observe and make note of things you are grateful for
17	Winter Mindful Breathing	Develop your "Infinity Breathing" technique
18	Winter 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	Winter quote and coloring page	Quote and coloring page
23	You At Your Best	Understand how you use your personal strengths
24	Winter Word Search	Use words from this workbook and the season
25	Winter Chit Chat Cards	With a partner, answer these questions
26	Winter SMART Goal Setting	Learn to write a goal using the SMART framework
27	Winter Maze	Maze page
28	Winter Crossword Puzzle	Words and terms are used within this workbook
29	Winter Goals	Write goals within 4 areas of your life
30	Winter Personal Shield	Design a shield with your special interests/strengths
31	Winter 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 winter. 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.

	Winter Activity		Done It!	Willing to Try	Not Now
	Paint a winter picture using watercolors.				
	Help bake cookies.				
	Play a board game with your family or some friends.				
	Cut out paper snowflakes.				
	Create an indoor obstacle course.				
	Go ice skating or snow shoeing.				
	Learn to finger knit.				
	"Paint" snow using a spray bottle filled with colored water.				
	Make (and drink!) hot chocolate.				
	Read a book.				
	Enjoy a movie night with your family or fiends.				
	Go sledding.				
	Build a snowman.				
	Help make homemade soup.				
	Watch a hockey or basketball game.				
	Have a snowball fight.				
	Make a snow angel.				
	Make an indoor fort.				
	Put on a puppet show.				

Winter Gratitude List



Gratitude is the ability to notice the good things, people, and places in your life. Winter is a time of drinking hot chocolate and making snow angels. 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...

The sparkle of
holiday lights!

Drinking hot
chocolate with
marshmallows!

Making snow
angels!

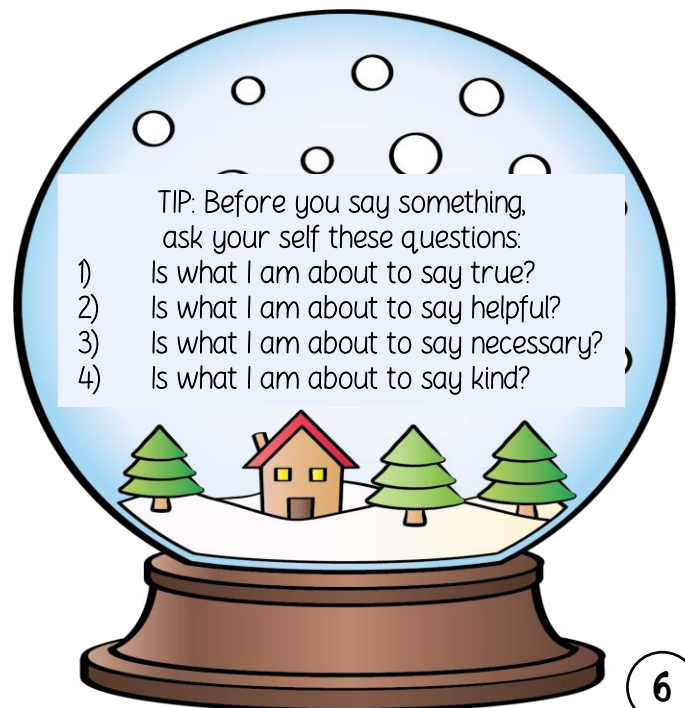
Mindful Kindness

Being kind and offering support to others helps you to be more generous in your life. Offering kind wishes through your actions is a way to support others but also has a positive effect on you. You feel better while you do it! Below are ways to send friendly and kind wishes towards others. Make a list of five specific ways you can offer kindness to others.

GENERAL IDEAS	SPECIFIC EXAMPLES
Offer encouraging words	Tell a friend good luck in the big game.
Lend a hand	Help mom unload groceries.
Teach or offer support	Teach your younger brother how to inflate a bike tire.
Slow down and listen more	Stop and listen to your grandma tell you a story of when she was young.
Give more time to others	Walk a friend home from school.
Show a smile	Smile at your principal.
Demonstrate patience	Wait for a friend to finish an assignment before heading out to recess.
Be more forgiving	Tell a classmate sorry for bumping into him in line.

List five specific ways you can offer mindful kindness towards others:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



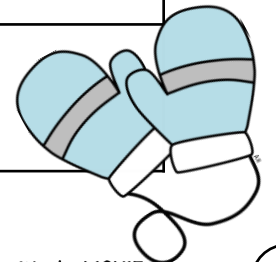
Winter Kindness CHALLENGE



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 Winter 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.

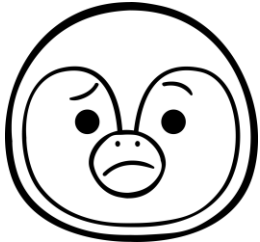
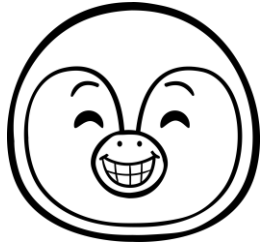
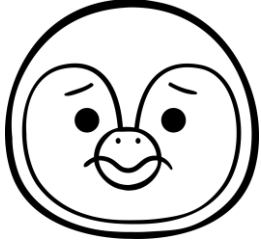
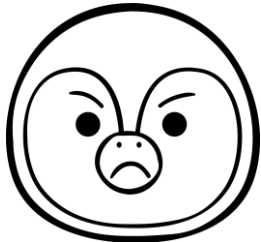
CLUE	W	I	N	T	E	R
Names of restaurants						
Words associated with winter						
Things you plug in						
Junk food						
Things you throw away						

The Color of *Winter* 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.

- **Exhausted** means being very tired or fatigued. It is a blue zone emotion.
- **Proud** is feeling satisfied, honored, and full of pride. It is a green zone emotion.
- **Jealous** means being envious, wanting what another person has. It is a yellow zone emotion.
- **Furious** is feeling extremely mad or angry. 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.

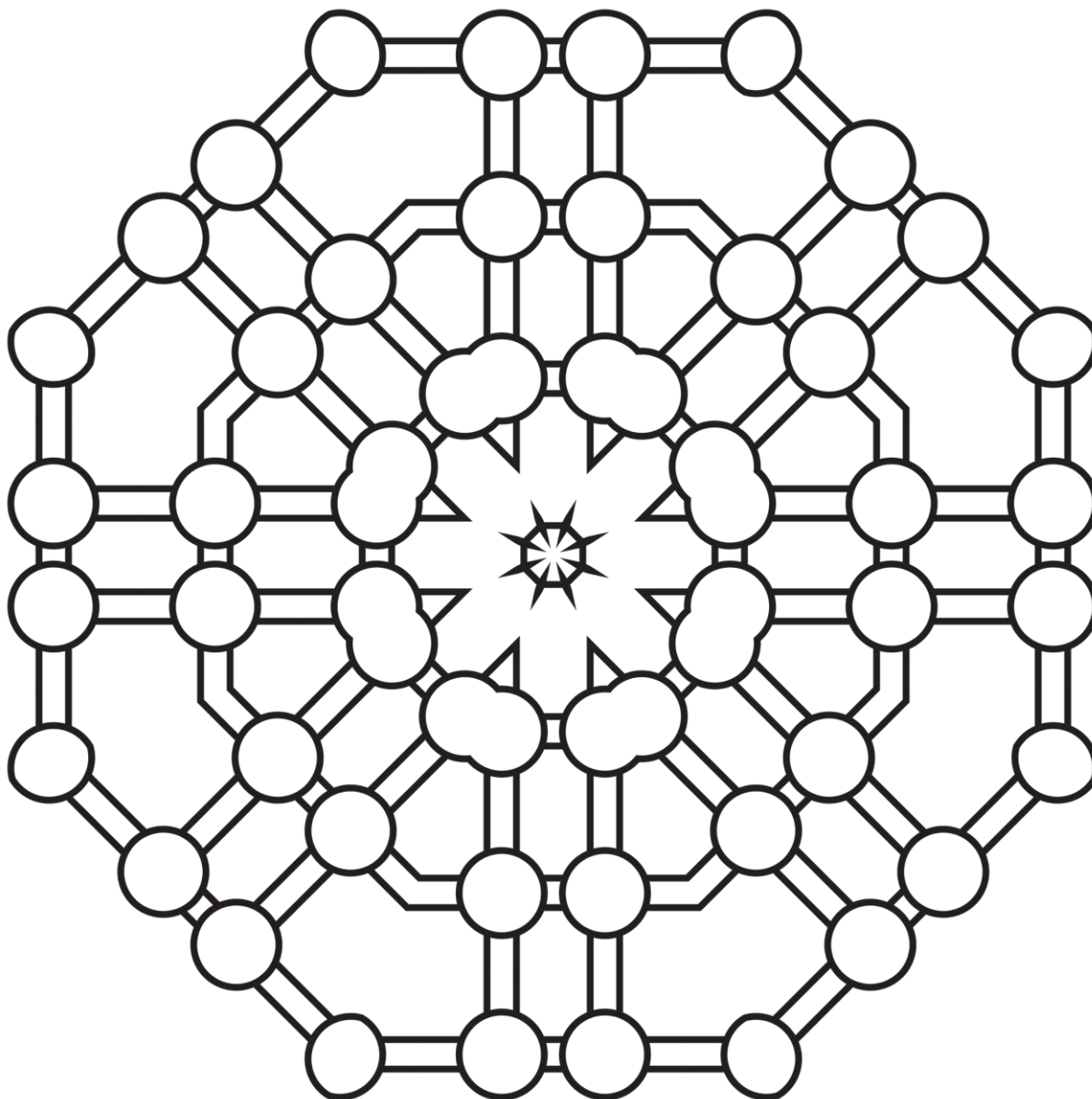
<u>Feeling word:</u>	<u>Feeling word:</u>	<u>Feeling word:</u>	<u>Feeling word:</u>
What does your face and body feel like when you have this emotion?	What does your face and body feel like when you have this emotion?	What does your face and body feel like when you have this emotion?	What does your face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

Winter 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.



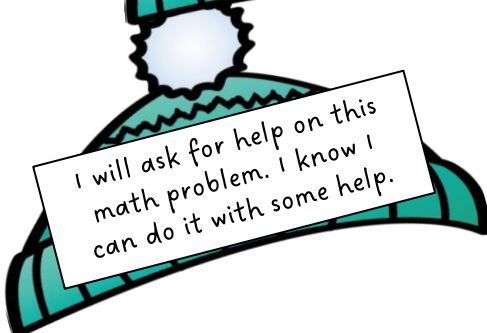
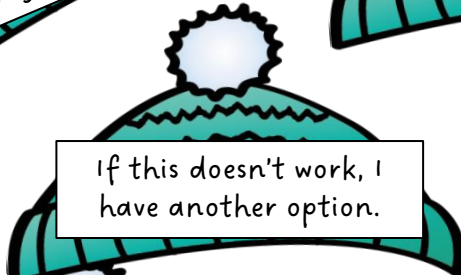
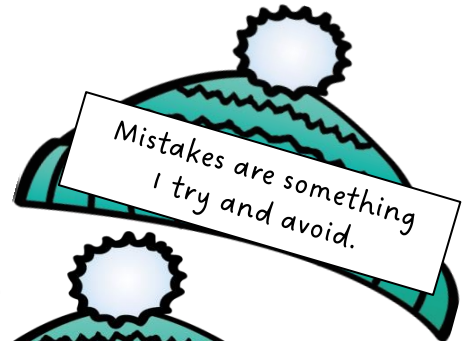
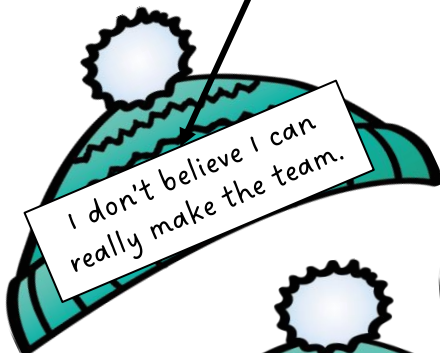
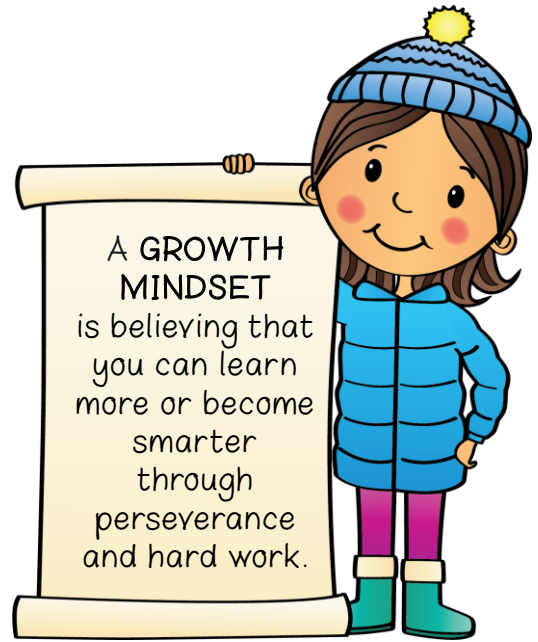
Winter Mandala



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Growth vs. Fixed MINDSET?

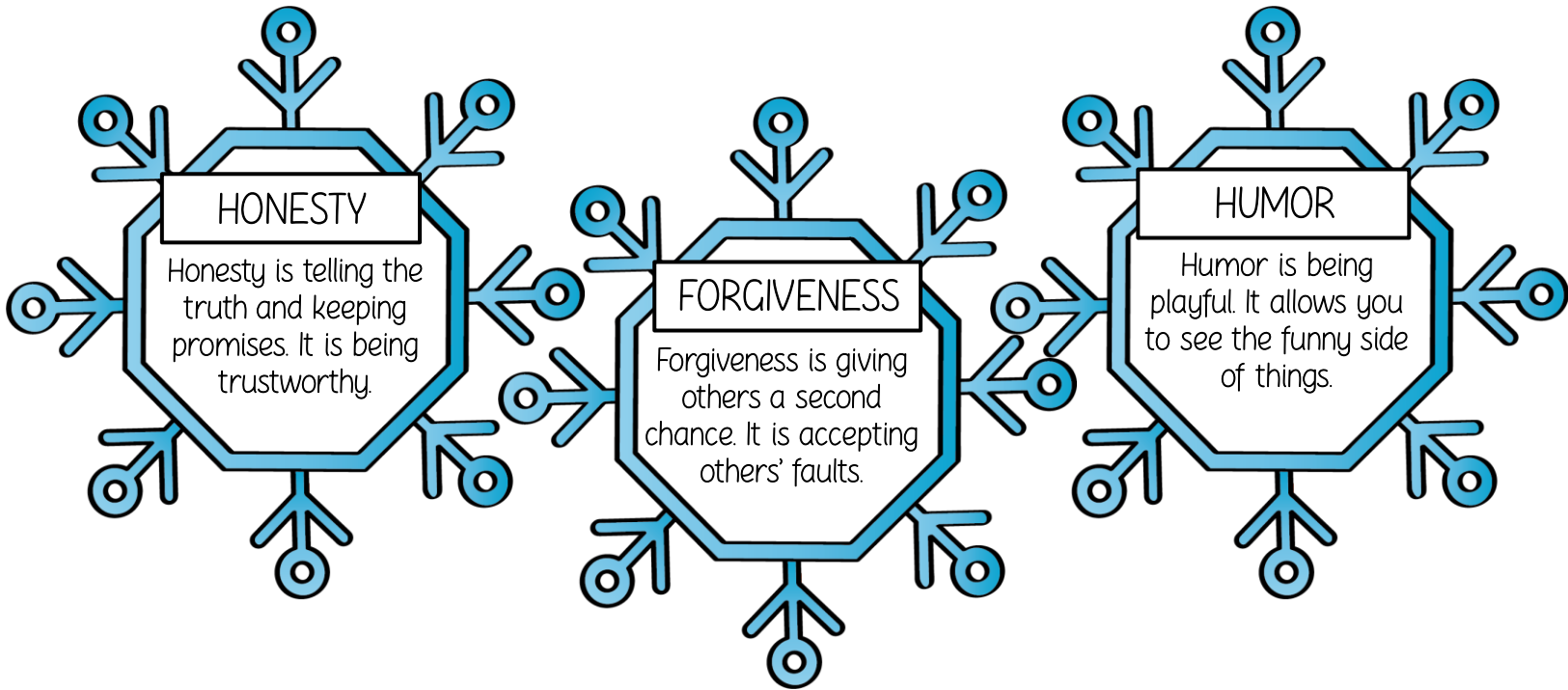
Your MINDSET is a set of beliefs that shape how you view the world and yourself. Read the definitions of a fixed and growth mindset below. Next, read the scenarios. Decide whether the scenario is an example of a fixed or growth mindset. Draw a line to connect it to the correct choice.





Winter 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 honesty, forgiveness, and humor.



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 HONESTY? _____
You got upset with your good friend because s/he said something unkind about your outfit.
How can you use your character strength of honesty 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 FORGIVENESS? _____
You were disappointed and sad when your mom missed your game because of her work.
How can you use your character strength forgiveness 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 HUMOR? _____
You notice that your good friend is having a bad day.
How can you use your character strength of humor to help you with this situation?

Winter 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 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.



Winter 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 Winter 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?

Winter Infinity BREATHING

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



Slowly trace your finger along the infinity symbol like a track. Inhale at each side, exhale at the X, where the lines cross each other. Do this 5 times.



INFINITY BREATHING

Dear _____

You make cold winter days warmer!



Dear _____

You are a terrific friend.
Thank you!



Dear _____

Thanks for being you!



Dear _____

AWESOME!



Dear _____

Thank you "snow" much.
I really appreciate you!



Dear _____

Nice work.
I knew you could do it!



Dear _____

Thanks for everything!



Dear _____

Super job.
Hip, hip, hurray!



Dear _____





Feelings Reflection



Describe a time when you were **exhausted**. Did you use a coping strategy to help you become more alert or less tired? Did it work? Why or why not?

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



Describe a time when you were **jealous** of someone. Did you use a coping strategy to help you get back to feeling calm, focused, and less envious? Did it work? Why or why not?



Describe a time when you were **furious**. 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 by helping to calm your brain and body.



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

Throw some snowballs.

Do some Infinity Breathing.

Read a book.

Count to 5.

Eat a snack.

Lick a candy cane.

Doodle on some scratch paper.

Smell lavender or vanilla.

Show a break card.

Use a sensory bin.

Listen to nature sounds.

Rock in a rocking chair.

Squeeze a stress ball.

Talk with my mom or dad.

Go skateboarding.

Play basketball.

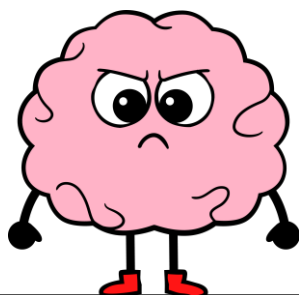
Dance!

Others (list):

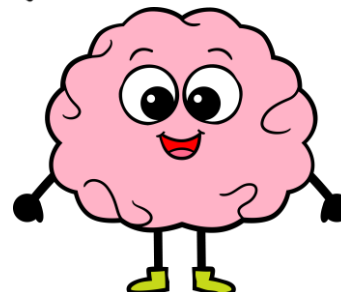
Play an instrument.



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 fall into a fixed mindset when you are stressed, scared, or angry.

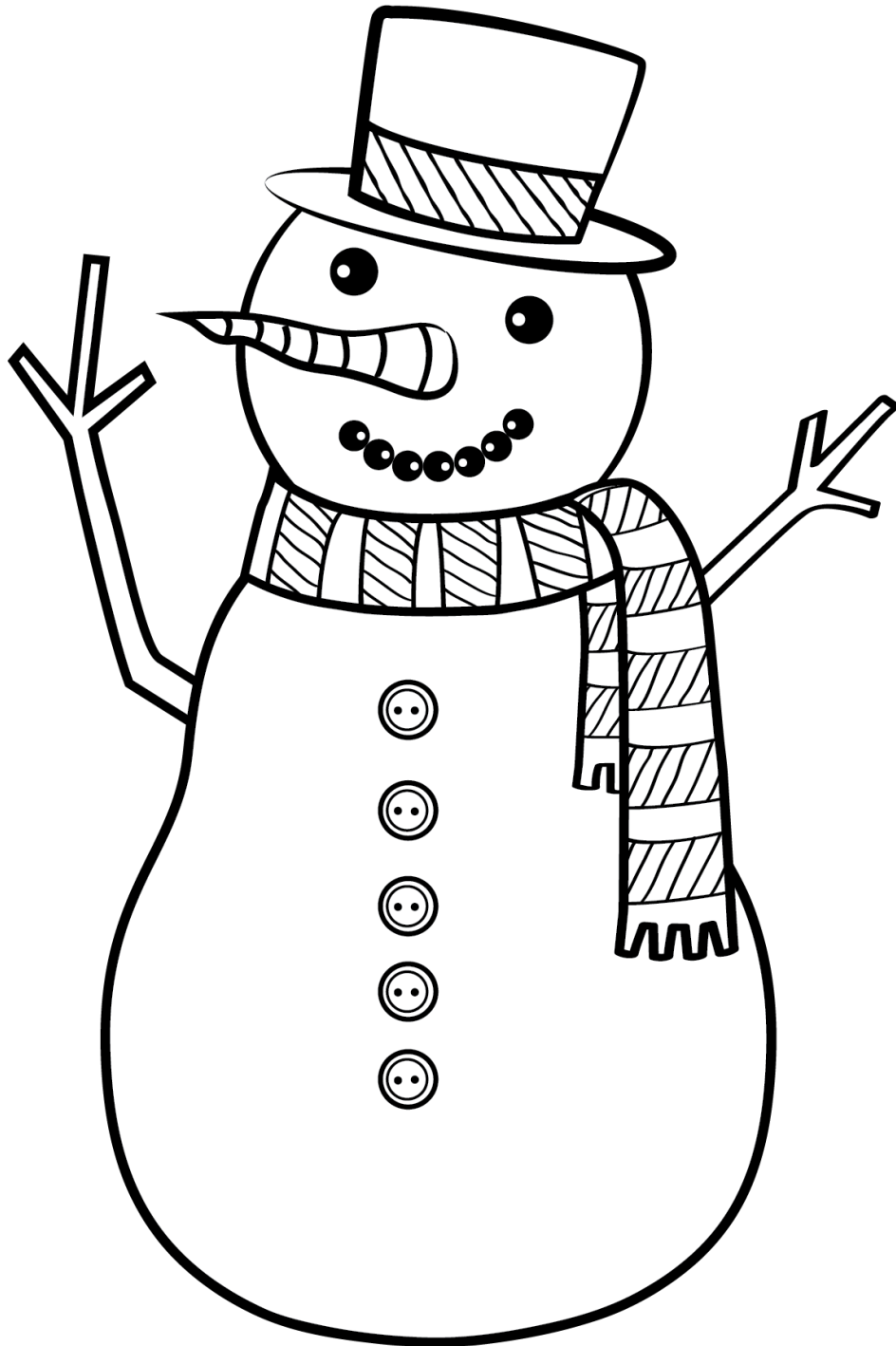


When you view the world from a growth mindset, your thinking is flexible and optimistic. You know that things can change over time by putting in effort, trying new strategies, and surrounding yourself with supportive friends. With a growth mindset, you see struggle as an opportunity. You can consider 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
I just hate making mistakes.	Mistakes help me learn.
With math, either I get it, or I don't.	
If I can't be the best in it, why even try?	
I can't do it, it's too hard.	
If I must work hard to learn something, it means I am not smart.	
I don't like to do hard things.	

Winter is hot
chocolate weather!



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You At Your BEST!

Discovering your character strengths

The character strength of **HONESTY** is telling the truth and keeping promises. It is being trustworthy. It allows you take responsibility for your feelings and actions.

Can you list 2 ways you have used your honesty character strength either at school or at home? (HINT: Think about when you told someone how you felt. Or, think about when you told the truth, even if it was hard to do)

The character strength of **FORGIVENESS** is accepting others' faults and tolerating the weaknesses of others. It allows you to give others a second chance when they make a mistake.

Can you list 2 ways you have used your forgiveness character strength either at school or at home? (HINT: Think about when you forgave someone. Or, think about when you gave your classmate a second chance after they made a mistake.)

The character strength of **HUMOR** is being playful. It is being able to bring smiles and laughter to others. It allows you to see the funny side of things.

Can you list 2 ways you have used your humor character strength either at school or at home? (HINT: Think about when you've made a friend laugh or smile Or, when you were able to spot something funny)



WINTER WORD SEARCH

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

WORD BANK:

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



WINTER	EXHAUSTED	PROUD	JEALOUS
FURIOUS	HONESTY	FORGIVENESS	HUMOR
KINDNESS	MITTENS	SKATE	SNOWMAN
PENGUIN	SNOWFLAKE	FROSTBITE	COLD

WINTER Chit Chat CARDS

With a partner, take turns answering these questions.

What is your favorite winter activity?



When was the last time you were really afraid? How did you deal with it?



What have you worked hard on recently? Did your hard work pay off?



Have you had an embarrassing moment lately? What was it like?



If you won the lottery, what would you do with the money?



Would you rather go skiing or ice skating? Why?



If you could take a cousin or family friend with you on a vacation, who would it be? Why?



What is your favorite kind of dog breed?



What about your home are you most thankful?



What are you most proud of in your life?



When you feel sad, what do you do to cheer yourself up?



If your house was on fire and you only had to grab ONE thing from your room to save, what would it be?



Name 5 of your favorite people. Why are they important to you?



What is a subject you are curious about? Why are you interested in this topic?



What is your favorite sport? Why?

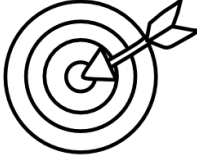
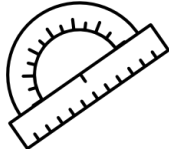
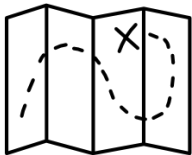
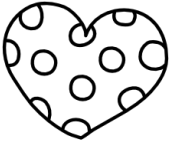



Winter SMART Goal

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.

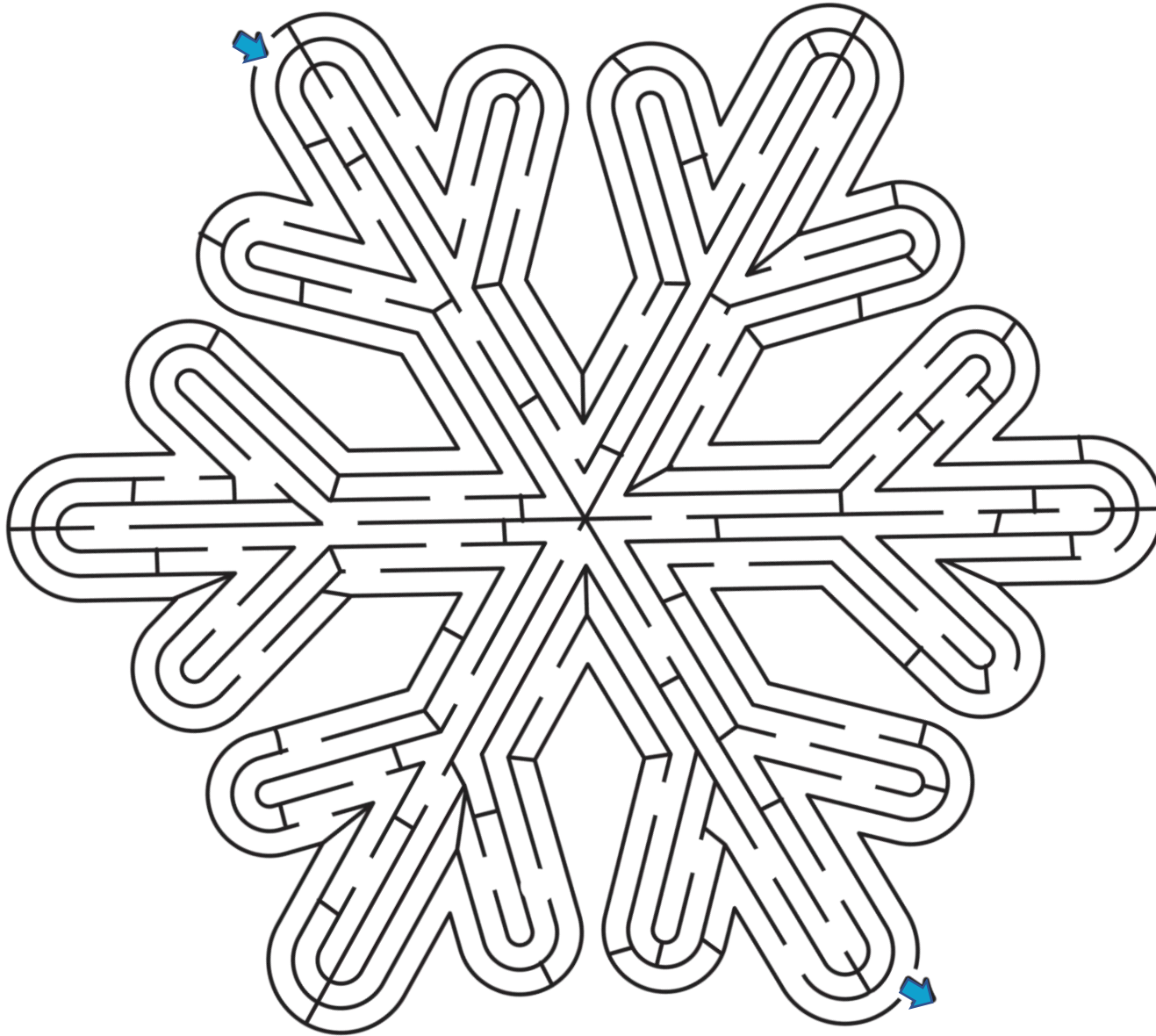


My winter goal: _____

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?

SNOWFLAKE Maze

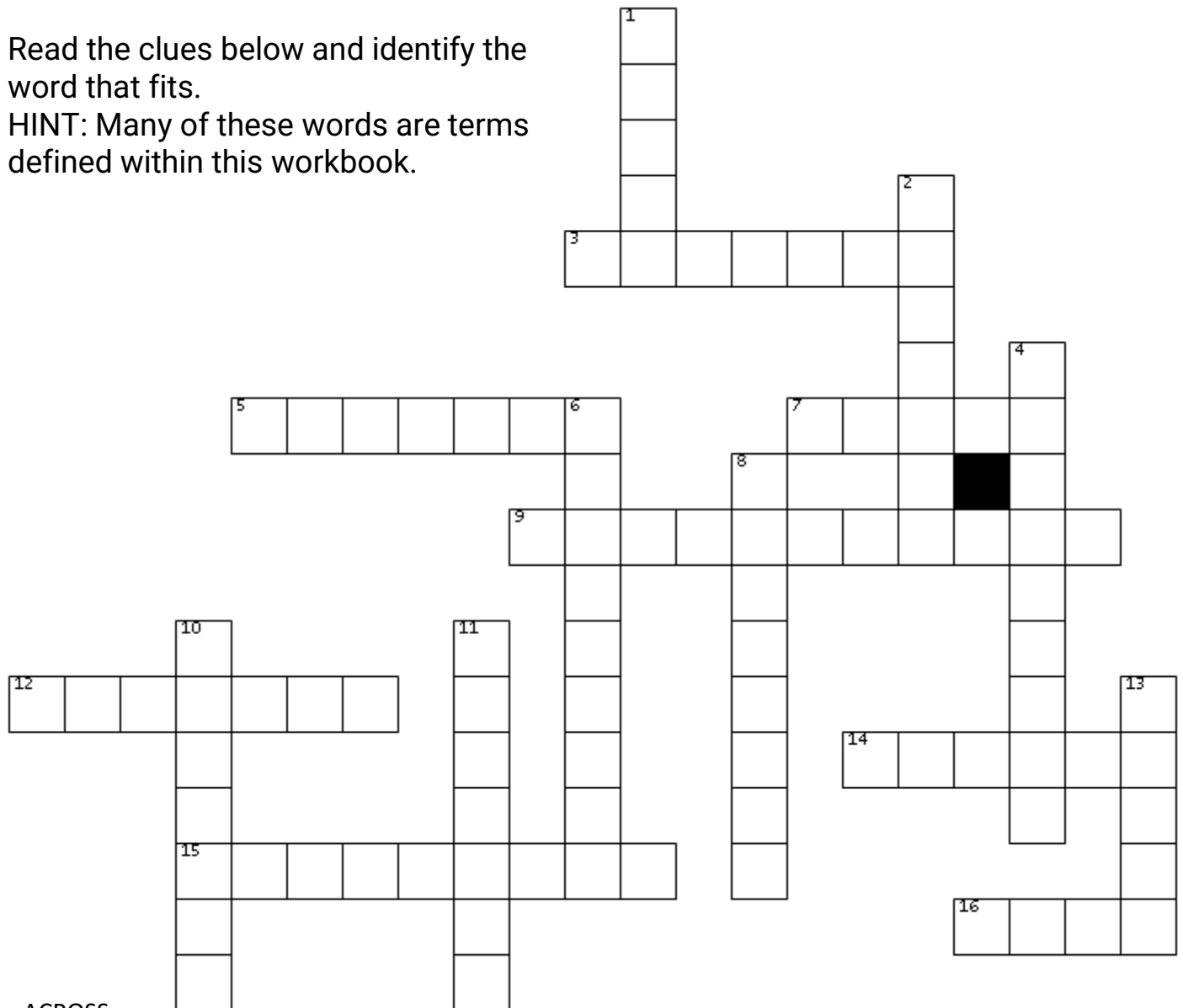
Complete the maze below beginning at the arrow trying to stay inside the path to reach the other side!



WINTER CROSSWORD PUZZLE

Read the clues below and identify the word that fits.

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



ACROSS

3. large black and white flightless seabird
5. feeling envious and wanting what another has
7. bringing smiles and laughter to others
9. giving others a second chance when they make a mistake
12. feeling extremely mad or angry
14. coldest season of the year
15. feeling very tired or fatigued
16. chilly weather with low temperatures

DOWN

1. moving on ice wearing boots with thin metal bottom blades
2. decorated figure created with compressed and rolled snow
4. injury to body tissues caused by extreme cold, often affecting the nose, fingers, or toes
6. a delicate ice crystal with symmetry
8. giving and receiving thoughtful words and caring actions
10. a glove with sections for a thumb and the other for fingers
11. telling the truth and keeping promises
13. feeling satisfied and full of pride



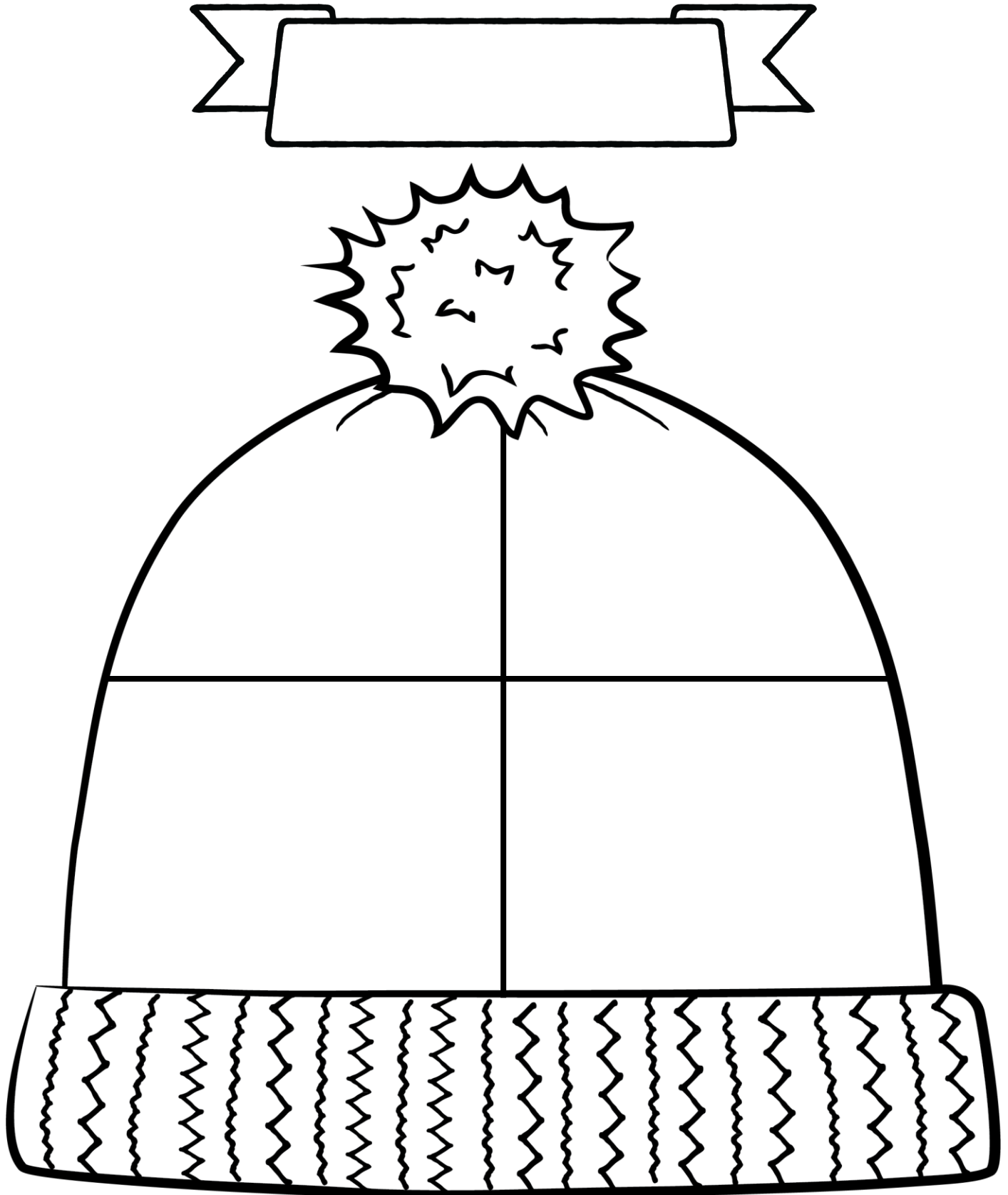
WINTER Goals

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 winter goals to stay on track!

The graphic is a large circle divided into four equal quadrants by a vertical and a horizontal line. Each quadrant is labeled with a word: '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 small illustration of a hedgehog wearing a blue winter hat and a blue scarf with white snowflakes, with its arms raised. At the bottom left of the page, there is an illustration of a black cat wearing a yellow winter jacket and red boots, standing next to a snowman wearing a red hat, a green and red striped scarf, and having stick arms.

Winter Personal Shield

Use this winter 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!



WINTER Positive Affirmation Growth Mindset CARDS



I like to challenge myself. Challenges make me stronger!



I can practice and get better. I am always improving!



Winter is a time to try something new. I am going to learn to:



I can do hard things. I have grit!



I am kind and honest. I am a good friend.



I can overcome difficulties. I am resilient!



Winter SECRET Decoder

ANSWER KEY

S



N



O



W



F



L



A



K



E



S



A



R



E



W



I



N



T



E



R



S



B



U



T



T



E



R



F



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I



E



S



A



B



C



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M



N



O



P



Q



R



S



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U



V



W



X



Y



Z



WORD SEARCH

ANSWER KEY

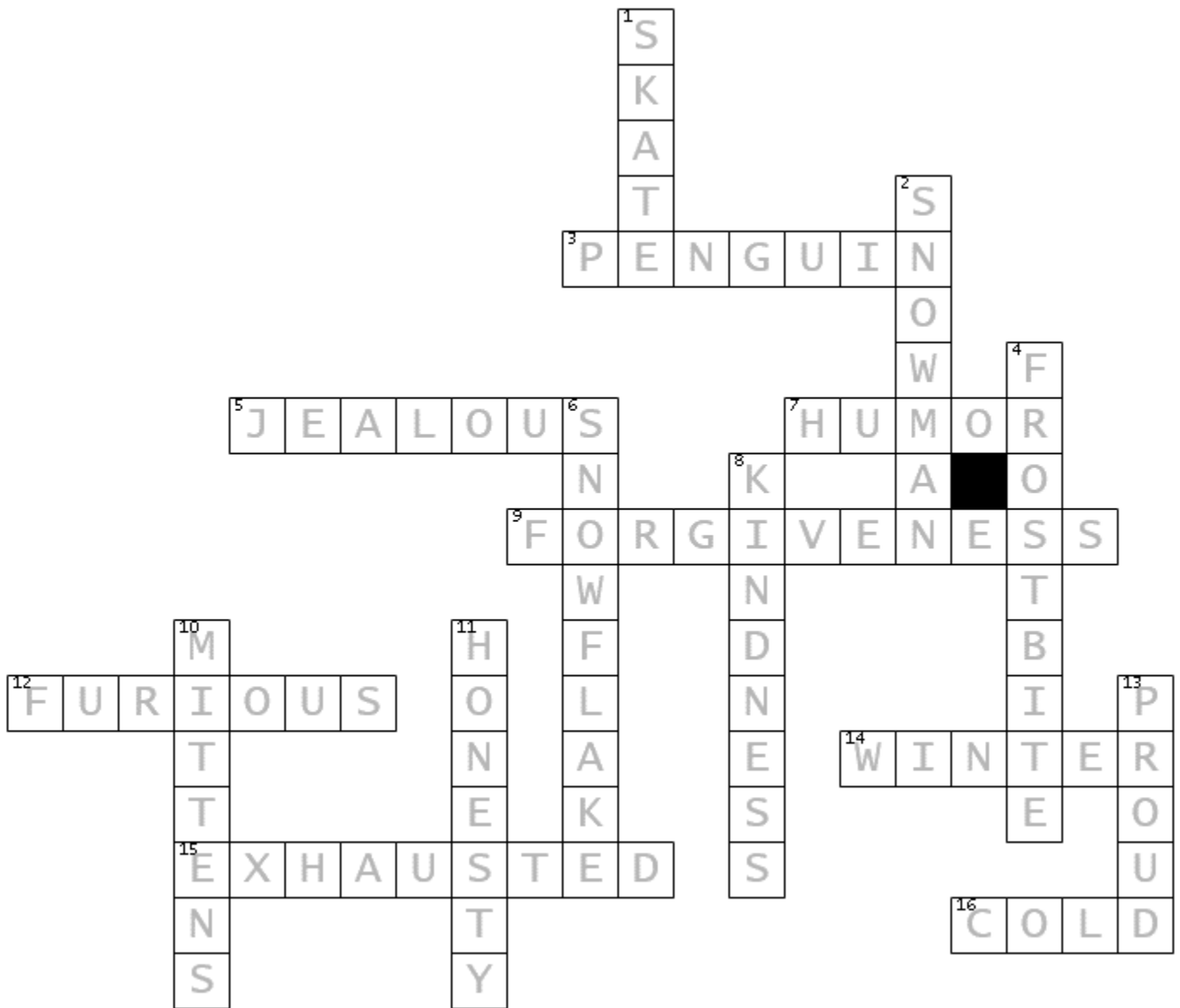
X H W F O R G I V E N E S S Q
R K I G V B V C O L D Y W P E
X Z N L C F F W B R T M E T K
N E T M H V W M F S V G I O I
E A E P M D Z G E F V B P E N
N K R N I U G N E P T P I U D
S J A K U O O X O S F K Z M N
S U L L F H H D O D E F S Q E
M U Q Z F A Q R F S T Q Z A S
E I A L U W F W N U A Q Z G S
H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

WORD BANK:

WINTER	EXHAUSTED	PROUD	JEALOUS
FURIOUS	HONESTY	FORGIVENESS	HUMOR
KINDNESS	MITTENS	SKATE	SNOWMAN
PENGUIN	SNOWFLAKE	FROSTBITE	COLD

CROSSWORD PUZZLE

ANSWER KEY



ACROSS

3. large black and white flightless seabird
5. feeling envious and wanting what another has
7. bringing smiles and laughter to others
9. giving others a second chance when they make a mistake
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ABOUT POSITIVELY MOXIE

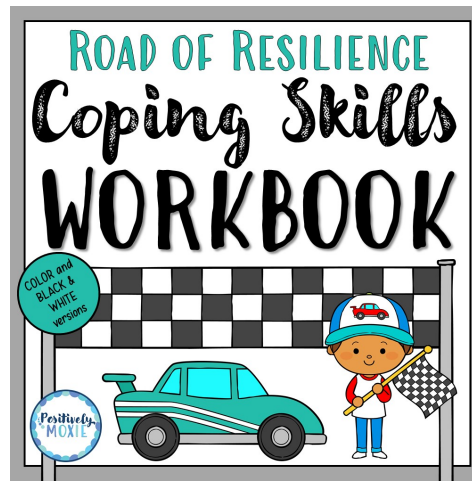
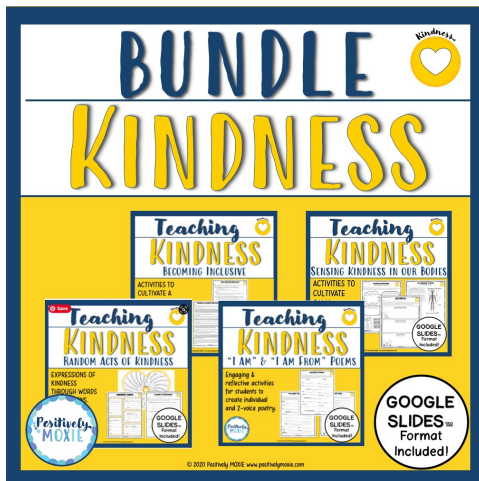
Molly (a junior high school counselor and former elementary school teacher) and Jill (a school-based occupational therapist) have teamed up to empower teachers, counselors, therapists, and parents who want to teach young people the skills needed to better coach their brains for greater flourishing.

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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