

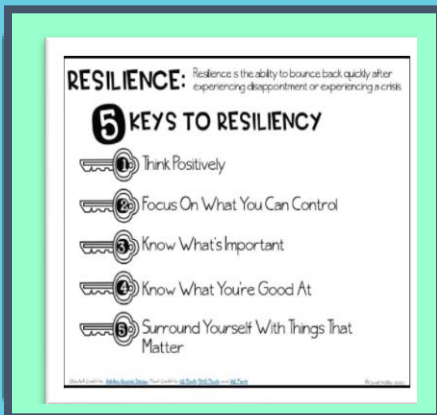
Resilience

Social Emotional Learning Day: Self-Care Empowers Learning!

Resilience: “Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up” - Mary Halloway

Article for Parents/Guardians: <https://positivepsychology.com/resilience-activities-worksheets/>

5 Keys to Resiliency



Share what your 5 Keys of Resiliency would be.

Turn Lemons into Lemonade



Tell us how you took something negative and turned it positive!

www.facebook.com/HeartandMindTeaching/videos/2454532778097608/?vh=e

Tower of Support



Build a tower out of whatever materials you have to represent all of the people who support you during hard times.

1. Please remember to still check in for attendance, but after that you can pick one activity from the SEL Choice Board above (also posted on our Folsom Facebook Page, Google Classroom - Counselor's Corner and our School Website)
2. You will get your name put into a virtual hat once for checking in for attendance, and once more for sharing your activity of your choice to our Folsom Facebook Page or Counselor's Corner. **Please only post/email once and to one location.**
3. A name will be pulled for grades Prek-2, 3-5 and 6-8 and a prize will be sent to your house!
4. After the activity, you can use today for whatever you need.. catch up on incomplete work, practice being resilient, but no new assignments are due.
5. **If you have a service or counseling session scheduled, please still attend!**
(unless you have been instructed otherwise)