BUILDING RESILIENCE

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COLLABORATION

Practice Well Being
Build Relationships

CONFIDENCE

Feedback Techniques:

Teacher to Student
Student to Teacher
Student to Student
Student to Self

RESILENCE

Goal Setting
Grit and Agency

Notes:

COLLABORATION: WELL-BEING

Emotional:

One thing that makes me happy is...

I don't feel as interested when...

Social:

I feel like I belong in a community when...

I struggle to feel like I belong when...

Mental:

I feel like I can handle responsibilities when...

I feel like I have purpose when..

CONFIDENCE: FEEDBACK

You are already good at _____. Now, challenge yourself by _____
I've seen you do _____; now, let's work on adding that to your writing
Nice job on _____. Here's the next challenge you are ready for _____
This isn't your best effort. Let's raise this to what I know you are capable of.

RESILENCE: SETTING GOALS

Each (day/week), I will _____ for (amount of time).
To reach my goal, I will _____ and track my progress by _____.
By the end of (month/term), I will be able to _____ because I have _____.
One step I can take toward my goal is _____.