

RESILIENCY TRAITS

FOR MIDDLE AND HIGH SCHOOL 25-26

August

Trait: Resiliency

Tool: Power of Connection



September

Trait: Citizenship

- [MS Teacher Resources](#)
- [HS Teacher Resources](#)

Tool: Positive Outlook

October

Trait: Honesty

- [MS Teacher Resource](#)
- [HS Teacher Resource](#)

Tool: Journaling



November

Trait: Gratitude

- [MS Teacher Resource](#)
- [HS Teacher Resource](#)

Tool: Self Care and Coping with Stress

December

Trait: Perseverance

- [MS Teacher Resource](#)
- [HS Teacher Resource](#)

Tool: Kindness Counts



January

Trait: Self-Awareness & Self-Management

- [MS Teacher Resource](#)
- [HS Teacher Resource](#)

Tool: Challenge Your Negative Thoughts

February

Trait: Grit

- [MS Teacher Resource](#)
- [HS Teacher Resource](#)

Tool: Test Anxiety



March

Trait: Critical Thinking & Problem Solving

- [MS Teacher Resource](#)
- [HS Teacher Resource](#)

Tool: Grounding Techniques

April

Trait: Mentorship

- [MS Teacher Resource](#)
- [HS Teacher Resource](#)

Tool: Assertive Communication Skills

May

Trait: Responsible Decision-Making

- [MS Teacher Resource](#)
- [HS Teacher Resource](#)

Tool: Artistic Expressions

[Print Resiliency Trait Awards Here!](#)

More Resiliency Resources are available at www.Cpalms.org, www.Buildresiliency.org and in our Student Service Binder.

