

6 POWER STRENGTHS OF RESILIENCE CHALLENGE

1. How did you use your 6 RESILIENCE POWER STRENGTHS today?
2. Use the words in each category to help you think.
3. Circle or underline the one that describes the BEHAVIOUR you showed.
4. Then check/ tick the hexagon box for your records.
5. Finally give your parent. caregiver a huuuuuuge HIGH FIVE- GREAT WORK!!!
6. See how many you can check off this week.



zest

ENERGY ENTHUSIASM VITALITY AMBITION HELP Someone VIBRANT
 TAKE SATISFYING LIVE LIFE TO THE FULL TOLD A JOKE LAUGH JOY
 ACTION APPRECIATE PASSION GIVE 100% EXCITEMENT SMILE
 HAPPY LIFE SPREAD GRATITUDE Be Thankful HAVE FUN

hope

FEEL LOVED MADE A PLAN ENCOURAGE LAUGH
 HELP JOY SHARE SMILE ENTHUSIASM OPTIMISM
 Someone JUST TRY GRATITUDE APPRECIATE BE HAPPY DO YOUR BEST
 PROUD CREATE POSITIVE ATTITUDE SHOW PASSION
 EXPECT THAT THE BEST WILL HAPPEN

self-regulation

Control CHOOSE ADVISED GOOD Made a
 PRACTICED DID WHAT I SAID SOMEONE THOUGHTS DECISION
 EXERCISE TOOK ACTION HARD WORK DID MY BEST
 ORGANISED DISCIPLINED put in the effort USED MY WORDS WELL
 Saved money

creativity

did something cultural READ A BOOK DOODLED BRAINSTORM THINK had a new
 IMAGINATION INSPIRED MEDITATED ASKED A QUESTION idea today
 ASKED "WHY?" SOMEONE SOLVED A EVALUATED INFO CREATE
 USE MY STRENGTHS PROBLEM MADE SOMETHING DREW SOMETHING

bravery

ACCEPTED A CHALLENGE FORGIVE SOMEONE FAILED DARE COURAGE Forgave myself
 HAD AN ADVENTURE TOOK ACTION = GROWTH FELT THE FEAR & MADE a
 HELPED Someone TOLD the TRUTH DID IT ANYWAY MISTAKE
 FINISHED SOMETHING STOOD UP FOR tried something NEW
 DID WHAT I SAID I WOULD WHAT IS RIGHT said SORRY

perseverance

SOLVED A PROBLEM COPED WITH A DIFFICULTY DIDN'T GIVE UP Faced a
 SHOWED MY DETERMINATION STRUGGLED WITH SOMETHING DILEMA
 HAD A SETBACK OVERCAME an OBSTACLE GOT FRUSTRATED
 DEALT WITH AN AWKWARD SITUATION Took on a CHALLENGE LEARNED Suffered a GROUND
 FROM A MISTAKE HARDHIP IT OUT FAILED