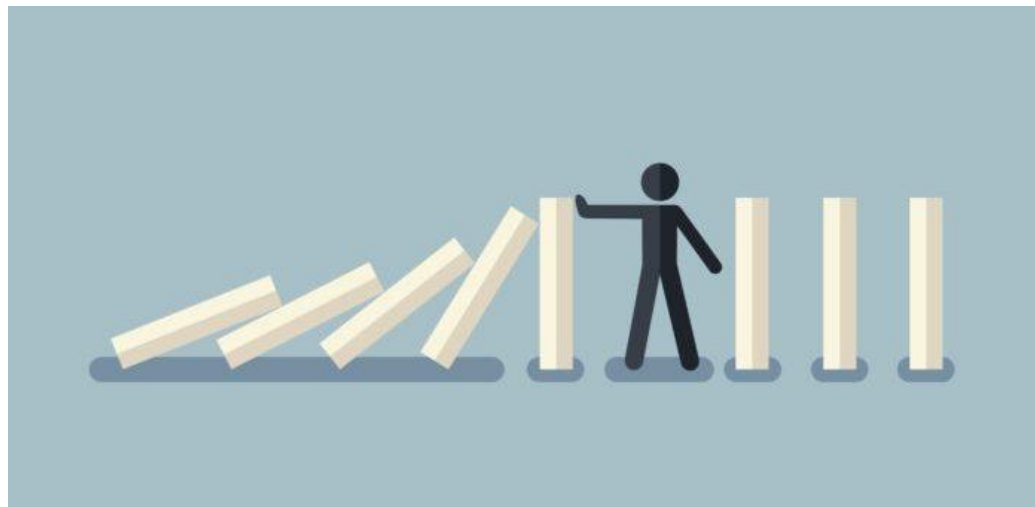


Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress It means "bouncing back" from difficult experiences.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.

The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.



Building Resilience

▶ Growth Mindset



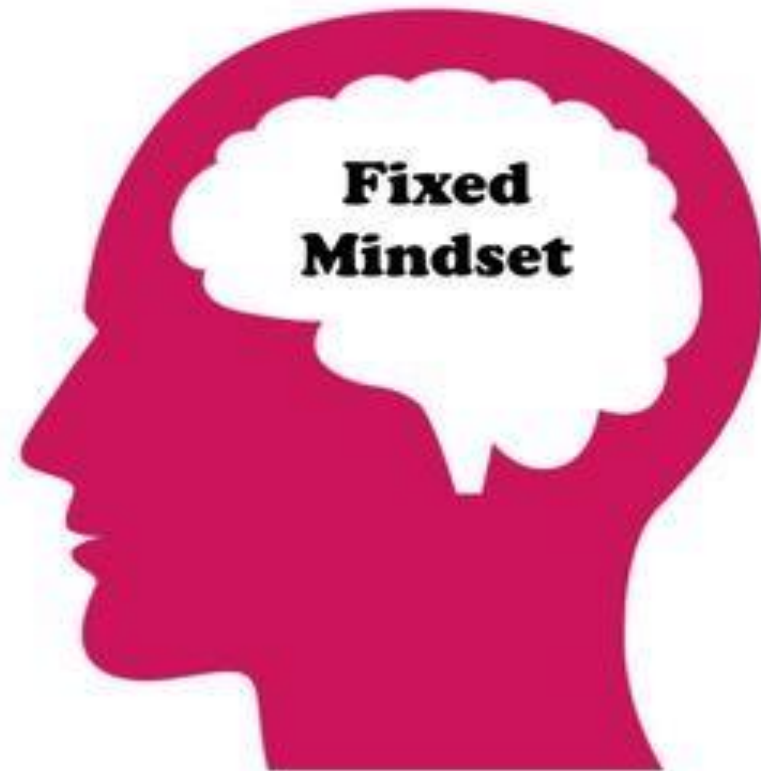
Student Mindset



What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Fixed Mindset

Self-talk:

I'm no good at math

Actions:

Avoid Math !!!!!

Results:

Math does not improve

Growth Mindset

Self-talk:

I want to be good at math

Actions:

Practice math

Results:

You can solve math problems