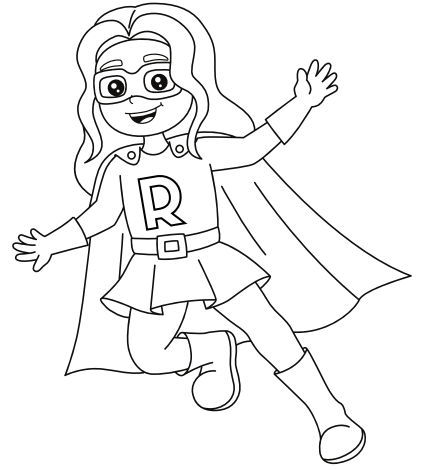


# Resilient Me

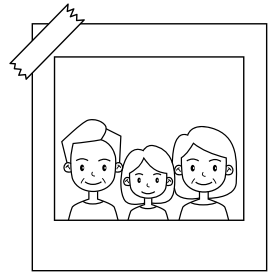
Sometimes, scary and hard things happen in life. You might feel overwhelmed or worried. Being resilient means you know how to navigate difficult things and manage big emotions in a healthy way. Let's write down or draw some tools you already have to help you be resilient!



Something that makes me feel better when I am sad:



Grown-ups I trust to help me when I am scared:



This is what Resilient Me looks like!

A time I solved a problem all on my own:



Something I know I am really good at:

