



ROCKIN' RESILIENCY

Month	Character Trait	Definition	Resiliency Tool
August 2023	Resiliency	The ability to cope when things don't go as planned.	Identifying Feelings
September 2023	Integrity	Being honest and doing the right thing even when no one is looking.	Grounding: 54321 Exercise
October 2023	Empathy	Understanding how and why others think, feel, and act.	Visualization
November 2023	Citizenship	A member of a community who helps others, follows rules, and respects others.	Movement
December 2023	Gratitude	Being thankful and sharing it with others.	Journaling
January 2024	Determination	Overcoming obstacles in order to reach a goal.	Positive Self-Talk
February 2024	Friendship	Someone we feel connected to and who is there for us in some way.	Breathing: Melting Exercise
March 2024	Collaboration	When people work together to get something done.	Exercising
April 2024	Grit	The ability to keep working towards a goal even when it is hard.	Breathing: Swirling Thoughts Exercise
May 2024	Resiliency	The ability to cope when things don't go as planned	Identifying Feelings