

Is my child resilient?

Resilience isn't about catching up. It's about learning from setbacks and moving forward. Sometimes it's hard to recognize resilience. But it's important to notice it in kids so that you can help *them* see it. Use this worksheet to reflect on times your child showed signs of resilience.

Example of a time my child...

Recognized their strengths

Asked for help with something challenging

Found a solution for a problem

Believed things would get better

Set a goal for something challenging

Tried again when something was hard
