

## Resiliency Page

This is your resiliency page! There are many things that help us develop our resiliency muscle. Three ways we can focus in this activity are:

1. Knowing your internal strengths
2. Knowing what skills can help you stay in your sweet zone and
3. Using positive beliefs about yourself and the future.

### Instructions:

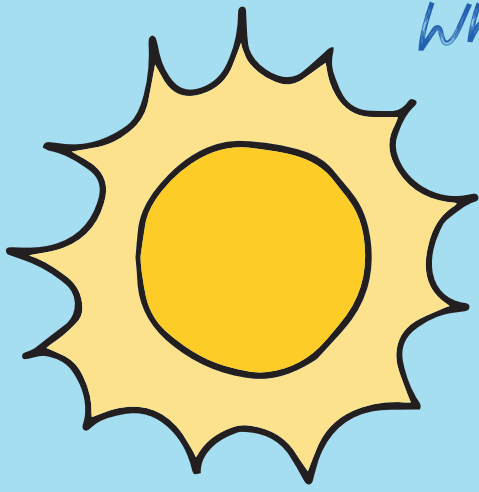
**The Sun and its rays:** What makes you shine? Think about things that you love to do or that you are naturally good at. These can include activities that make you happy, like playing soccer, or things that you do well at like being friendly to all people. Think about these or even ask others around you. List each of these on the rays of sunshine.

**Tree Roots Grounded into the Earth:** What skills do you use or want to use to help you stay regulated and in the green? You can use skills from this page or you can use ones that you know are perfect just for you. List each of those in the roots of the tree.

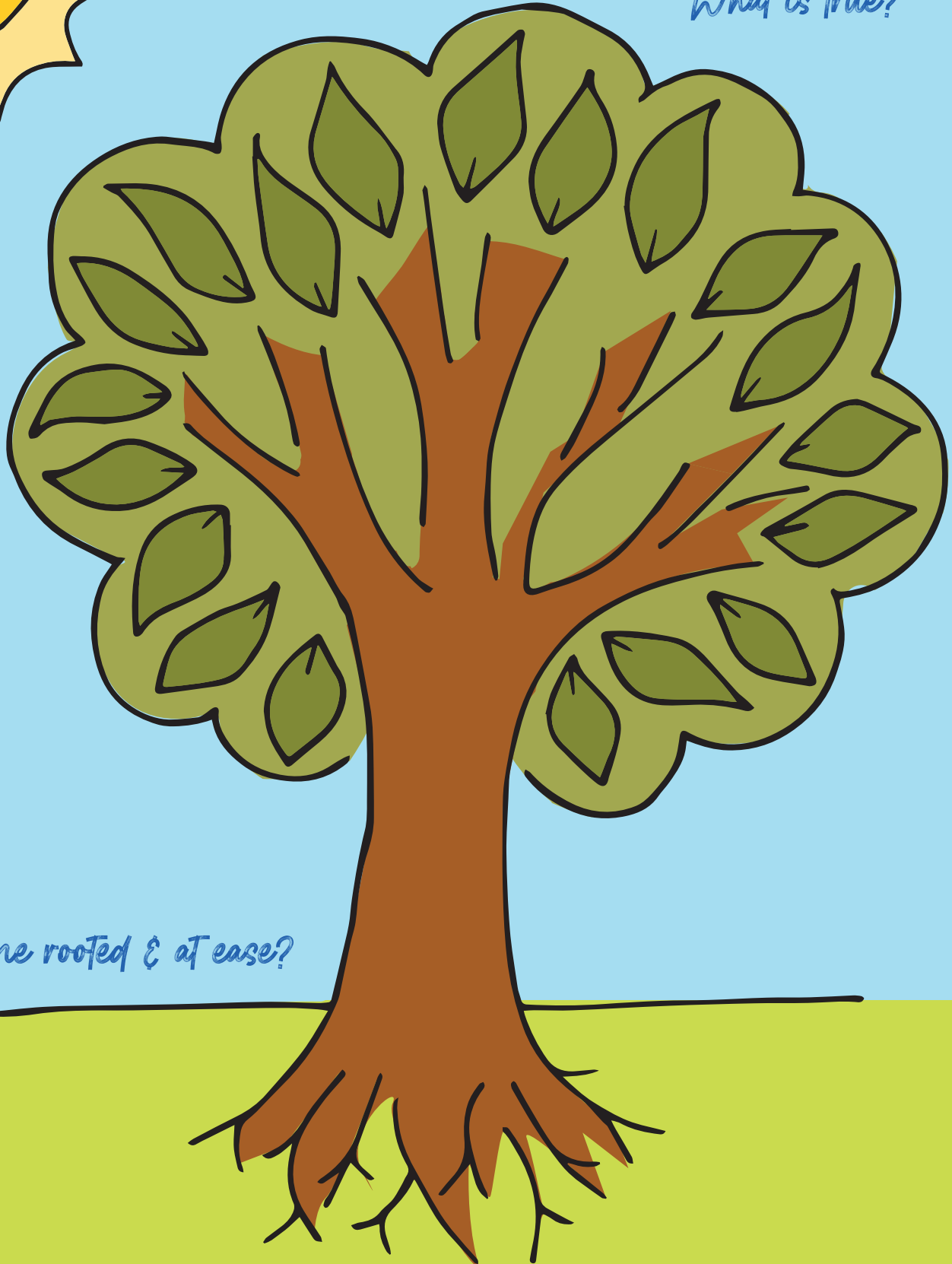
**Leaves of the Tree:** What is true? What affirmations can you use to help you remember your value and truth? Here are some sample affirmations:

I am lovable  
I am strong  
I can do hard things  
I am safe  
I have people who love me  
I learn from my mistakes  
I belong to my community  
I am okay how I am  
I am enough  
I am kind  
I am precious  
I can use my power  
I have a voice

*What makes me shine?*



*What is True?*



*What keeps me rooted & at ease?*