



Five Cartoonversation™ Starters

1. Being able to find meaning can help you through tough times. Name three things (or people) that mean a lot to you.
2. Name three things you would like to do in the next ten years.
3. Work with a friend and write down three things you like about him/her. Have your friend list three nice things about you.
4. What do you like about yourself? Write down at least three things.
5. Who can you talk to when you're feeling sad or overwhelmed?



Five Factoids

Being resilient means being able to bounce back when something bad or challenging enters your life. For most of us, being resilient takes work, and we can become more resilient by learning from others. Here are five common traits of people who are good at bouncing back. See if you can work on them.

1. Develop strong social supports - surround yourself with friends and family who care about you.
2. Recognize that life can be unpredictable. Sometimes, things just happen.
3. Ask for help. Don't be afraid to let people know that you are scared or hurting.
4. Develop good problem-solving skills. Your teachers can help you with this.
5. Be aware of your actions, and be aware of your reactions to others.

Five Websites

For more information on resilience please visit these websites:

1. will-to-live.org
2. HeySigmund.com
3. raisingresilientkids.com
4. fosteringresilience.com
5. healthychildren.org

