



Resiliency

Brief Summary: A growth mindset is an important part of becoming more resilient. In this lesson, students learn cognitive strategies for developing resilience. They also analyze how to adjust their current thoughts and behaviors when faced with challenges to reflect more of a growth mindset.

- **Shared Vocabulary**
 - **Resilience:** the ability to recover or “bounce back” from challenges
- **Key Takeaways:** These are the main points of the lesson that students should understand.
 - Resilience is the ability to recover or “bounce back” from challenges.
 - A growth mindset is a belief that you can improve your knowledge and skills through effort.
 - A fixed mindset is a belief that you cannot improve your knowledge and skills.
 - Three strategies for developing resilience include the following:
 - Changing your story
 - Being mindful of the present
 - Showing compassion and forgiveness to yourself
- **Continue the Conversation:** Use these questions to start a conversation with your student about this topic.
 - Give an example of a time when you were resilient.
 - Do you think you have more of a growth mindset or a fixed mindset?
 - What strategy would you like to try to develop more resilience?

Resources

- Crisis Text Line: 741741
- National Suicide Prevention Hotline: 988
- Dial 2-1-1 to reach the First Call for Help, a 24-hour information and crisis hotline.
- Florida
 - [Hope for Healing](#)
 - [FortifyFL](#)