

Resilience

Using a rubber band, describe to class how a rubber band can stretch and return to original shape.

Describe activities that allow students to bounce back and retain their mental health in the face of stress (exercise, building social networks and friendships, finding safe adults to confide in, using comfort objects or pets, developing interests and hobbies, rewarding self "pats on the back" for trying, using language to talk about feelings and conflict resolution techniques)

