

October's SEL Topic: Resilience

For Zoom link, times and a detailed schedule of upcoming weeks, please go to our [Mindset Monday page](#).

TK-5th Grade Resources:

- [Video explaining how to be resilient](#)
- [Big Life Kids Podcast - Episode 27](#)
- [Resilience worksheets](#)
- [Resilience Kit](#)
- [How to raise resilient kids who never give up \(based on science\)](#)
- [Video picture book about resilience for children](#)

6th-12th Grade:

- [Here's 5 ways to build resilience](#)
- [SMART Goals Template](#)
- [SMART Goal Example](#)
- [Resilience Kit](#)
- [Resilience Kit Example](#)
- [Resilience GRIT image](#)
- [Famous Failures](#)