

I am a resilient learner

I can try my best.

I can keep trying and not give up.

I can ask for help.

I can go for a gallery walk.

I can do mindful breathing.

I can take a brain break.

I can say kind words to myself.

I can be a brave speller.

I can use the marble jar to reward myself!

Our resiliency toolkit

Marble jar

for mindful breathing
and asking for help

Magnifying glasses

for garden brain-breaks

Rain-sticks



Maze Toys

Kalimba