My Plan to Build Resilience

This week, I will...

"Walk a mile in my child’s shoes" by ____________________________

Change a "negative script" by ____________________________

Model effective thinking by ____________________________

Accepting my child, I will nurture "islands of competence" by

_________________________________________________________________

Teach that mistakes are experiences from which to learn by

_________________________________________________________________

Provide opportunities for my child to contribute by _________________

Discipline in a way that promotes self-discipline by

_________________________________________________________________

Build my own resilience by ____________________________