

Don't Give Up!

Resilience means not giving up, even when something is hard. It means trying again after you mess up or moving forward when bad things happen.

THINK OF A TIME WHEN YOU WANTED TO GIVE UP BUT DIDN'T!

Write your story here:

What I was learning:



Why I'm glad I didn't give up:



Mark how you felt about your goal when it was hard in one color.
Mark how you feel about it now in a different color.



Confused



Disappointed



Hopeful



Mad



Grateful



Determined



Proud



Excited



