




RESILIENCE FOR YOUTH

Resilience Can Be Taught! 10 Tools
to Motivate ANY Student

Foreword by Stephen M.R. Covey

The
RESILIENCE
BREAK-
THROUGH



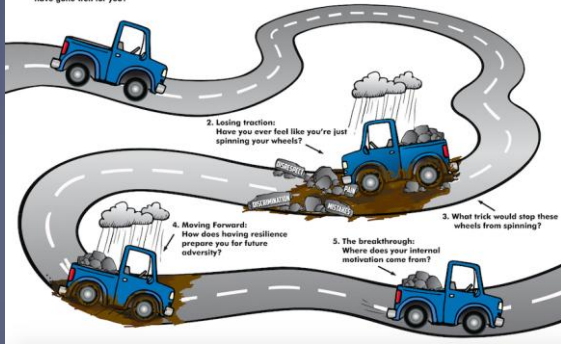
{ 27 Tools for Turning
Adversity into Action }

CHRISTIAN MOORE, LCSW

with Brad Anderson and Kristin McQuivey

Street Resilience

1. Cracks' along:
Can you think of a time when things have gone well for you?



2. Losing traction:
Have you ever feel like you're just spinning your wheels?

3. What trick would stop these wheels from spinning?

4. Moving Forward:
How does having resilience prepare you for future adversity?

5. The breakthrough:
Where does your internal motivation come from?

Rock Bottom Resilience

The Characteristics of Rock Bottom Resilience:

1. You flip the switch at your lowest point
2. You combat hopelessness
3. You believe in your ability to change your circumstances
4. You know that losing in the past doesn't mean you'll lose in the future
5. You believe in unforeseen options

Do you ever feel frustrated about the situation you are in?

Do things ever happen that are beyond your control?

Remember: You can apply Rock Bottom Resilience, even when you are not at actual rock bottom!

What are some examples of rock bottom moments?



Resource Resilience

1. What is a resource?

2. What are your internal resources?

(something that is a part of you... on ability, attribute, physical characteristic or skill)

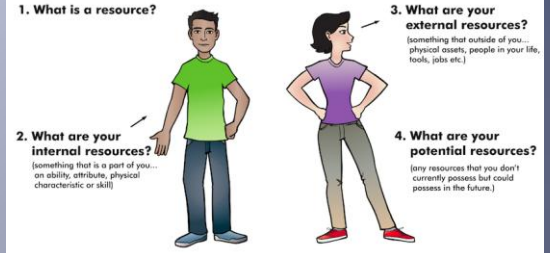
3. What are your external resources?

(something that outside of you... physical assets, people in your life, tools, jobs etc.)

4. What are your potential resources?

(any resources that you don't currently possess but could possess in the future.)

Remember: Resource resilience means looking at the resources you possess and those you could potentially possess, as a way to solve problems and be resilient.



RESILIENCE FOR YOUTH

Relational Resilience

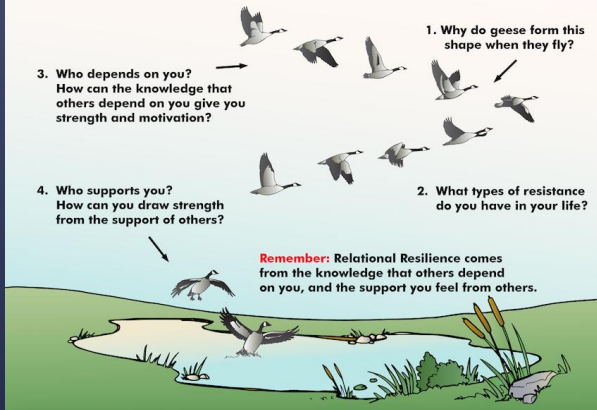
3. Who depends on you?
How can the knowledge that others depend on you give you strength and motivation?

4. Who supports you?
How can you draw strength from the support of others?

1. Why do geese form this shape when they fly?

2. What types of resistance do you have in your life?

Remember: Relational Resilience comes from the knowledge that others depend on you, and the support you feel from others.



Flipping The Switch

What is a switch?

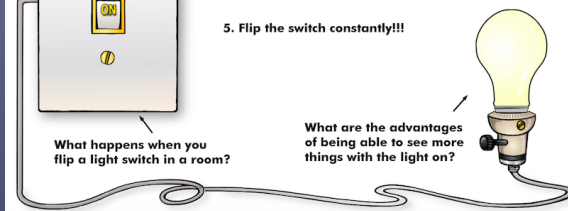
5 Steps to flipping the switch:

1. Know you have a switch
2. Acknowledge, Assess and Accept the problem.
3. Ask the "flip the switch" question
4. Pay attention to how you feel as you flip the switch.
5. Flip the switch constantly!!!



What happens when you flip a light switch in a room?

What are the advantages of being able to see more things with the light on?



Emotional Fuel

Can you charge a battery with just a positive connection?

Do you know how to fix a dead battery?



What are some positive things people do as a result of the emotions they feel?

What are some negative things people do as a result of the emotions they feel?

Remember: All emotions are fuel!



The new 3 R's

- Relationship



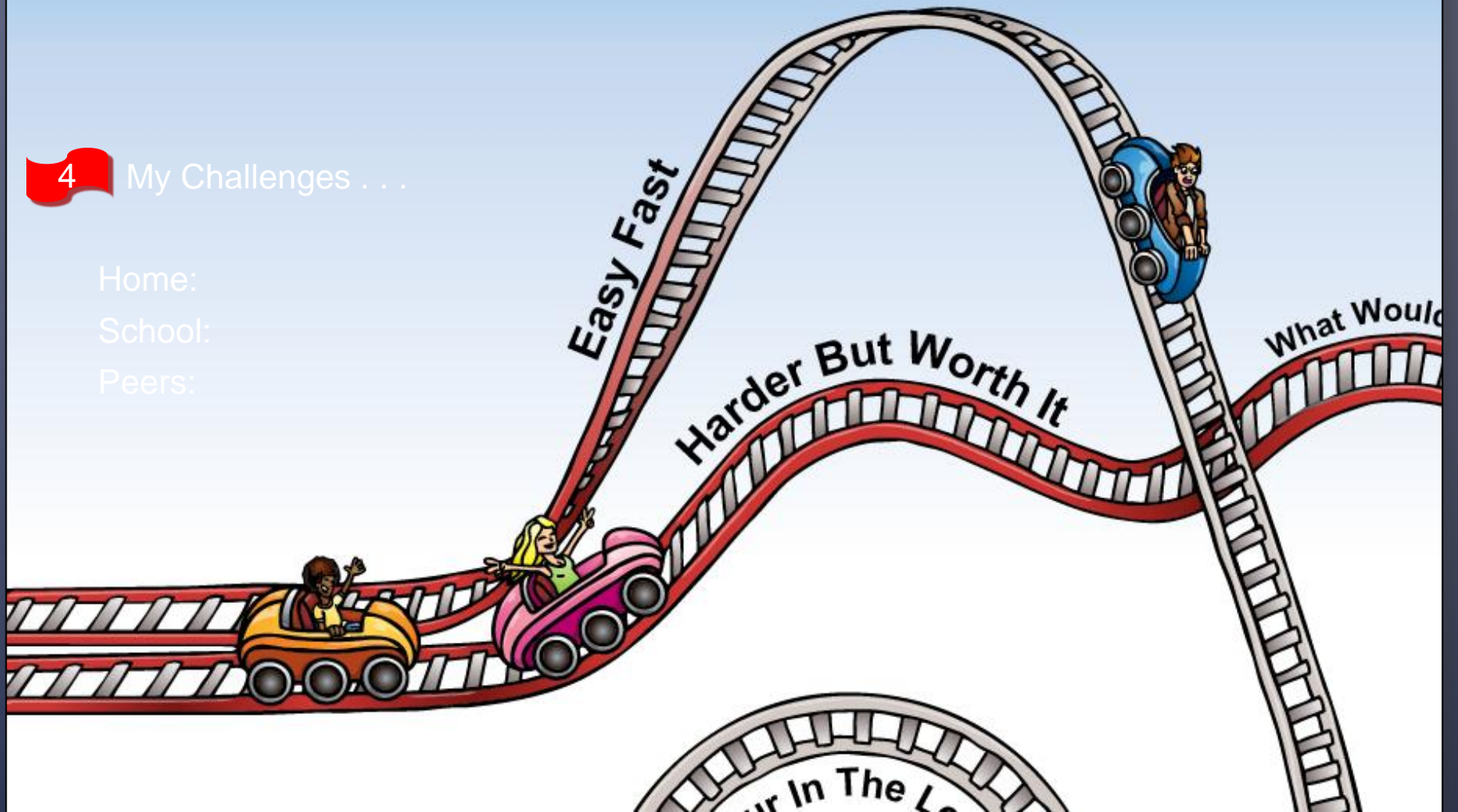
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My Challenges . . .

Home:

School:

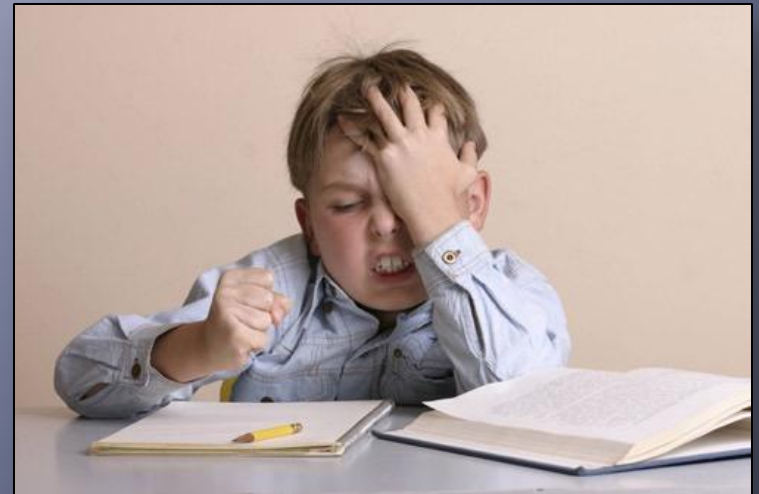
Peers:





The new 3 R's

- Relationship
- Relevance





Relevance

- Relevance



Relevance

How are my choices today impacting my future?





Relevance

“Sometimes we focus so much on helping students to pass a test that we fail to help them see how this subject relates to life!”

**Jeff Schoonover
- HS Principal**





Relevance

“Combining Social Emotional Learning (SEL) with academics helps make those relevancy ties to life.”

**Early King
Dir. At-Risk Programs
K12.com**





Relevance

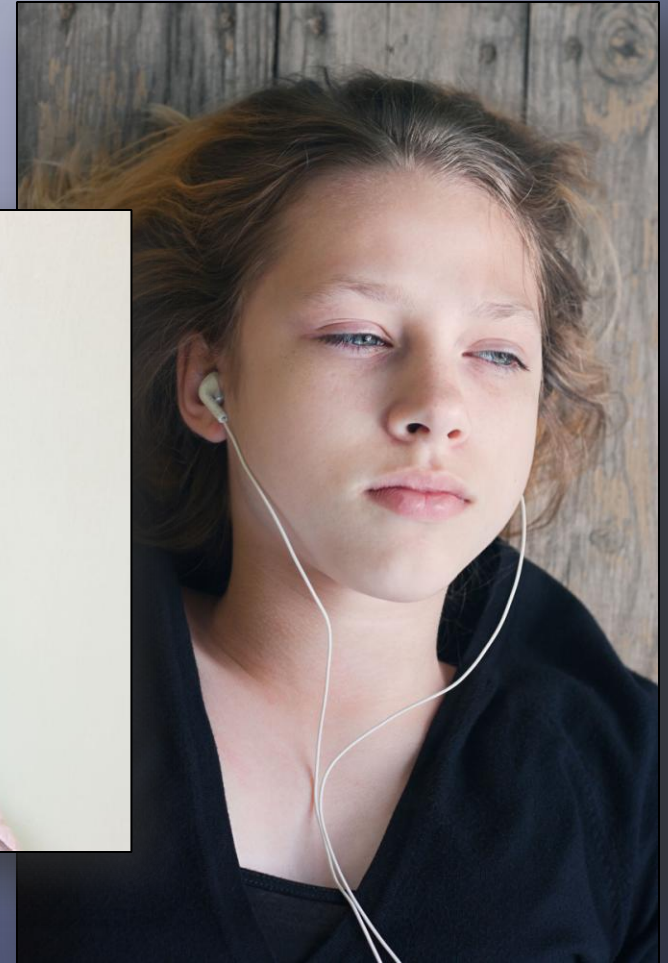
How do we engage our students?





Relevance

Do we use music?





Relevance

Do we use music, activities?





Relevance

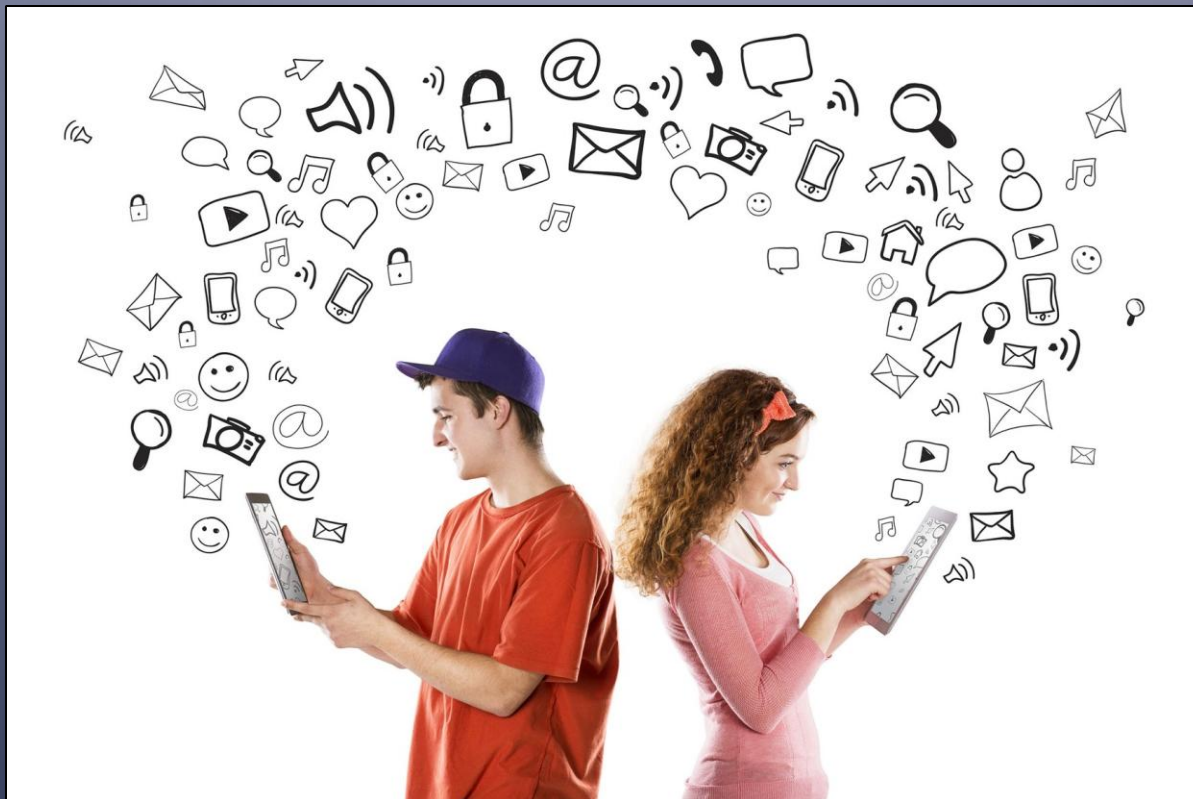
Do we use music, activities, stories and metaphors?





Relevance

Do we use music, activities, stories and metaphors, media and technology?





Relevance

Do we teach them in ways that they like to learn?

“Generational Relevance”





The new 3 R's

- Relationship

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- Relevance

↓

- Resilience



Resilience:

The ability to bounce back when you have every reason to shut down-but you fight on!

Resilient people have both tapped and **untapped** reserves, enabling them to overcome and thrive as they face setbacks, challenges, and fears of daily life.

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