

Resiliency Characteristic CHECKLIST



Throughout the year, as you introduce each Resiliency Characteristic to your class, check the box next to the corresponding characteristic when your class consistently demonstrates that Resiliency Characteristic!

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Perseverance

Keep trying when things are hard.

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Grit

Keep working hard.

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Gratitude

Being thankful.

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Responsibility

In charge of my actions and choices.

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Responsible Decision-Making

Thinking about my choices and making the best decision.

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Critical Thinking & Problem Solving

Asking questions, gathering information and making thoughtful decisions.

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Self-Awareness & Self-Management

Understanding and being in control of myself, my feelings and how my actions affect others.

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Mentorship

Giving or asking for support or guidance.

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Citizenship

Following rules and helping others.

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Honesty

Telling the truth.

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Empathy

Understanding others' thoughts, feelings and actions.