# Parent Events to Introduce Resiliency Florida Initiative and Resources: A PLANNER FOR SCHOOL LEADERS



Florida is helping students become resilient when faced with challenges. The Florida

Department of Education is requesting that districts and schools host parent events to
introduce the Resiliency Florida initiative, Resiliency Coach volunteer opportunity and
parent resources to reinforce resiliency skills at home.

# 11 Resiliency Characteristics

**Empathy** 

Citizenship

Critical Thinking & Problem Solving

Grit

Gratitude

Honesty

Responsibility

Mentorship

Perseverance

Responsible Decision-Making

Self-Awareness & Self-Management



Scan the QR Code to Learn More About Each Resiliency Characteristic or Visit

www.BuildResiliency.org

## **BACKGROUND**

- The Florida Department of Education developed parent resources to promote resiliency and encourage family conversations on these important topics for students of all ages.
- Resiliency Florida is a groundbreaking initiative focused on reframing mental health education to focus on resiliency and hope.
- The K-12 Resiliency Education Standards are intentionally designed to impart the value of resiliency skills, such as responsibility, problem-solving and gratitude.
- Building resiliency helps students gain the skills necessary to overcome life's inevitable challenges.
- Each parent resource includes definition(s) of the characteristic(s); information to help children learn, practice and demonstrate the characteristic(s); and sample dinner table conversation topics or activities for the home.
- To encourage Resiliency education, parents and grandparents can train to become Resiliency Coaches. Resiliency Coaches serve in Florida schools as trusted adults who mentor students and encourage them to practice resiliency skills.
- Resiliency Florida has a dedicated website (BuildResiliency.org) with additional resources. Please check back frequently for updated content to support students in building resiliency!

## Sample Schedule for Resiliency Florida Parent Introduction Event

20 MINUTES

#### 1. Overview of Resiliency Characteristics and Featured Speaker

Facilitator explains Resiliency Florida initiative and purpose of the parent event.

Facilitator introduces speaker(s) that exemplify one or more of the 11 characteristics.

10 MINUTES

#### 2. Resiliency Education in Our District and School

Facilitator reviews the Resiliency Education Standards for applicable grades and related school-based activities. 20 MINUTES

#### 3. Overview and Distribution of Parent Resources, Resiliency Reading List and Discussion

Facilitator introduces parent resources, Resiliency Coach volunteer opportunity and the Resiliency Reading List.

Facilitator leads discussion and helps parents practice with the resources.

5 MINUTES

### 4. Wrap-Up

Facilitator ensures parents leave with a set of parent resources and "homework" to try these activities at home with their children.