

Resiliency Characteristic CHECKLIST



Throughout the semester, 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

Continuing to try even when things are hard.

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Grit

Working consistently toward my long-term goals.

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Gratitude

Being thankful and sharing appreciation with others.

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Responsibility

Owning my actions, using good judgment and practicing self-control.

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Responsible Decision-Making

Thinking about all options and outcomes to make the best choice.

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Critical Thinking & Problem Solving

Gathering information to think through and determine the best solution.

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Self-Awareness & Self-Management

Understanding and governing our thoughts, actions and impact on others.

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Mentorship

Giving or asking for support, guidance, training or expertise.

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Citizenship

Helping my neighbor, community and nation.

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Honesty

Telling the truth.

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Empathy

Understanding others' thoughts, feelings and actions.