

# RESILIENCY FLORIDA

## February Characteristic of the Month Toolkit

RESILIENCY  
FLORIDA

Each month, Resiliency Florida features one of the key 11 Resiliency Characteristics as the characteristic of the month. This month, Resiliency Florida is spotlighting **grit**.

In this toolkit, teachers, parents and school leaders will find a variety of resources to support starting the conversation about **grit**, not only in school, but at home.

To learn about the other key Resiliency Characteristics, visit [BuildResiliency.org](https://BuildResiliency.org).

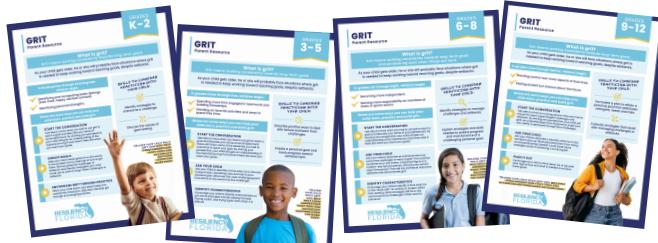
### FEBRUARY CHARACTERISTIC OF THE MONTH

 **Grit** Working consistently toward my long-term goals.

## MATERIALS

### PARENT RESOURCES

The Parent Resources are designed for parents and children to have conversations about resiliency at home. Download the Parent Resources for this month's characteristic, **grit**, by clicking the correct grade level below.



 GRADES K-2

GRADES 3-5 

 GRADES 6-8

GRADES 9-12 

### SUBSCRIBE TO THE NEWSLETTER

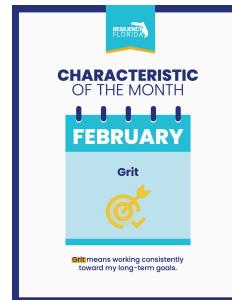
Parents, teachers and community leaders can subscribe to the Resiliency Florida newsletter via the button below. Arriving at the beginning of each month, the newsletter is filled with a variety of resources to support the Resiliency Florida Characteristic of the Month.

 SUBSCRIBE



[BuildResiliency.org](https://BuildResiliency.org)

### FEBRUARY CLASSROOM POSTER



Resiliency Florida provides teachers with a printable poster for February's characteristic of the month, **grit**, which can be displayed in classrooms and media centers.

 POSTER

### NEWSLETTER ASSETS

Districts and school leaders can use the visuals and copy below to spread the word about Resiliency and the Resiliency Florida Characteristic of the Month.

#### SUGGESTED POST TEXT

The characteristic of the month for Resiliency Florida is grit, which is defined as working consistently toward our long-term goals. Looking for resources on how to start the conversation with your students? Visit [BuildResiliency.org/Toolkits](https://BuildResiliency.org/Toolkits) to download specific resources for this month's focus.



 GRAPHIC

#### SUGGESTED POST TEXT

As your child gets older, he or she will probably face situations where **grit** is needed to keep working toward reaching goals, despite setbacks.

Resiliency Florida's characteristic of the month is **grit** - which means working consistently toward my long-term goals. Explore more resiliency building resources and learn how to start the conversation with your child at home: [BuildResiliency.org](https://BuildResiliency.org)



 GRAPHIC

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### FAMILY READING GUIDES

The Family Resiliency Reading Guides are resources to continue discussions at home about the books located on the Resiliency Florida reading list. Each Family Resiliency Reading Guide contains a summary of the book, conversation starters about resiliency and literacy tips. Use the following reading guides to start a conversation about grit with your student after reading *The Little Butterfly That Could* or *The Twenty-One Balloons*.



*The Little Butterfly That Could*  
by Ross Burach

 [READING GUIDE](#)



*The Twenty-One Balloons*  
by William Péne Du Bois

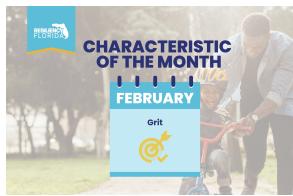
 [READING GUIDE](#)

### SOCIAL MEDIA POSTS

Download the graphics below to share on social media and help spread the word about the Resiliency Florida Characteristic of the Month.

#### SUGGESTED POST TEXT

Each month, Resiliency Florida will focus on one of the key 11 Resiliency Characteristics. February's characteristic is grit, defined as working consistently toward my long-term goals.



 [GRAPHIC](#)

#### SUGGESTED POST TEXT

Have you downloaded the parent resources for grit? Parent resources are designed for parents and children to have conversations about resiliency at home. Download them today! [BuildResiliency.org](http://BuildResiliency.org).



 [GRAPHIC](#)

#### SUGGESTED POST TEXT

Can you guess the characteristic? It can be defined as working consistently toward long-term goals. Swipe to see what the correct answer is and comment below if you guessed right!



 [GRAPHIC 1](#)

 [GRAPHIC 2](#)

#### SUGGESTED POST TEXT

Talk about a time when you had to use grit to reach a goal and describe your sense of accomplishment. By sharing your perspective, your child will gain an understanding of the importance of grit and what it feels like when you reach your goals.



 [GRAPHIC](#)

#### SUGGESTED POST TEXT

Looking for books to help start the conversation with your children on grit? The Resiliency Reading list has three! Here are two of our favorites. The Family Reading Guides for each book help continue discussions at home. Visit [BuildResiliency.org/ReadingList](http://BuildResiliency.org/ReadingList) to dive in!



 [GRAPHIC 1](#)

 [GRAPHIC 2](#)

 [GRAPHIC 3](#)

