

RESILIENCY FLORIDA

August Resiliency Toolkit

Each month, Resiliency Florida features one of the 11 key Resiliency Characteristics as the Characteristic of the Month. This month, we are celebrating **resiliency**!

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

To learn about the 11 key Resiliency Characteristics, visit BuildResiliency.org.



Resilience Coming back after challenges or setbacks.

MATERIALS

TEACHER RESOURCES

NEW!

Introducing the new Resiliency Florida Teacher Resources! The Resiliency Florida Teacher Resources are designed to support the Resiliency Education Standards and instruction in the classroom. These new resources for teachers include characteristic definitions, benchmarks, suggested activities and supplemental materials to teach that characteristic in the classroom.



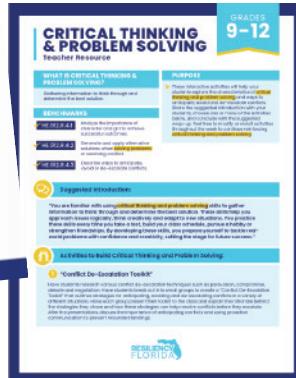
Download the Teacher Resources for each grade band by clicking the buttons below.

GRADES K-2

GRADES 3-5

GRADES 6-8

GRADES 9-12



BuildResiliency.org

AUGUST CLASSROOM POSTER



Resiliency Florida provides teachers with a printable poster that highlights **resiliency** and the 11 Resiliency Characteristics, which can be displayed in classrooms and media centers.

POSTER

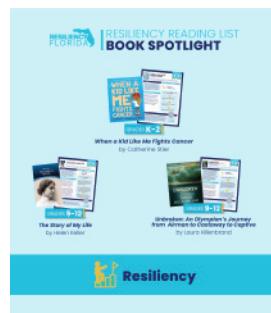
SAMPLE NEWSLETTER POSTS

School and district leaders can use the visuals and copy below to spread the word about **resiliency** and the 11 Resiliency Characteristics.

SUGGESTED POST TEXT

The Resiliency Reading List features books that help start discussions about resiliency with your child.

Check out the Resiliency Reading List to explore three books centered around **resiliency**. Read *When a Kid Like Me Fights Cancer* by Catherine Stier, *The Story of My Life* by Helen Keller or *Unbroken: An Olympian's Journey from Airman to Castaway to Captive* by Laura Hillbrand.



GRAPHIC

SUBSCRIBE TO THE NEWSLETTER

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

SUBSCRIBE



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FAMILY RESILIENCY 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, literacy tips and conversation starters about **resiliency**. Use the following reading guides to start a conversation about **resilience** with your student after reading **When a Kid Like Me Fights Cancer** by Catherine Stier, **The Story of My Life** by Helen Keller or **Unbroken: An Olympian's Journey from Airman to Castaway to Captive** by Laura Hillenbrand.



When a Kid Like Me Fights Cancer
by Catherine Stier

[READING GUIDE](#)



The Story of My Life
by Helen Keller

[READING GUIDE](#)



Unbroken: An Olympian's Journey from Airman to Castaway to Captive
by Laura Hillenbrand

[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

Looking for great ways to help your child learn about **resilience**? Start with a story!

The Resiliency Reading List features books and reading guides for Pre-K through 12th grade students that teach life lessons in perseverance, empathy, grit and more!

Explore our **resiliency** reads at BuildResiliency.org/ReadingList.



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SUGGESTED POST TEXT

Back-to-school means more than new pencils and lesson plans—it's a chance to integrate Resiliency Florida's 11 Resiliency Characteristics into the classroom!

Help your students grow stronger, kinder and more prepared with Resiliency Florida's free teacher resources.

Download now at BuildResiliency.org!



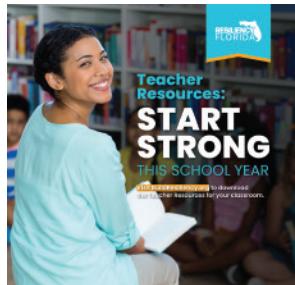
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SUGGESTED POST TEXT

Resiliency Florida's 44 new teacher resources designed to help teach Florida's 11 Resiliency Characteristics are live!

- ✓Free to download
- ✓Aligned to the Resiliency Education Standards
- ✓Supplemental materials included

Level up your classroom **resiliency** today at BuildResiliency.org.



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SUGGESTED POST TEXT

August is **Resiliency** Month!

Resiliency Florida is proud to provide resources for parents and teachers to start the conversation about overcoming life's inevitable challenges with their students.

Help your student become **resilient**, go to BuildResiliency.org today!



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