



# Focus of the week: Building Resilience

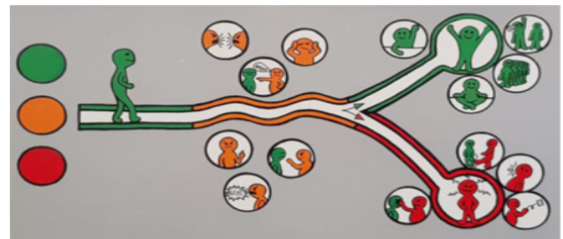
I can build resilience one step at a time. There are so many ways that I can show my resilience and my teachers can help me find even more.

Take responsibility

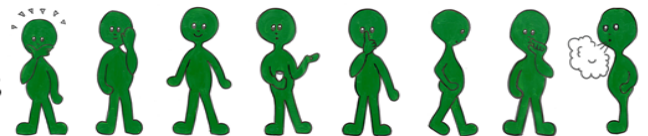


Ask for Help

Accept Consequences



Use my Bridge Road Buddies



Practice being resilient everyday



I can practice building my resilience everyday. All my teachers can help me practice my skills and I can think of my Buddies to help me remember!