



## BUILDING RESILIENT CHILDREN: FAMILY ACTION PLAN

Kids who build resilience early have a better chance of positively overcoming adversity when faced with it.

**COMMIT TO HELPING THE CHILD IN YOUR LIFE BUILD RESILIENCE BY:** *(check what you will do)*

WHAT WILL YOU DO?	HOW WILL YOU DO IT?
<input type="checkbox"/> Help them making connections	
<input type="checkbox"/> Have them help others	
<input type="checkbox"/> Maintain a daily routine	
<input type="checkbox"/> Help them practice healthy coping skills	
<input type="checkbox"/> Teach them self-care	
<input type="checkbox"/> Help them move toward their goals	
<input type="checkbox"/> Nurture their positive self-view	
<input type="checkbox"/> Help them maintain a hopeful outlook	
<input type="checkbox"/> Look for opportunities for their self-discovery	
<input type="checkbox"/> Help them accept change	

