never say never perspective strength

 perseverance nutrition

positive play

service school staff

 hope

 pets

Resilience

The capacity to successfully manage high levels of change.

The ability to bounce back from failure or discouragements.

believe care champions

 laughter resourcefulness Music

 fun

escape time friends

 seeing opportunity self-talk

 joy

 calm courage

 determined confidence love

attitude family encouragement

 escape don’t blame

 fail/succeed

 trust art

 overcome flexibility yes you can

rest/sleep imagination passions/hobbies

 coach nature stubborn