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