

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: BEING RESILIENT
CASEL COMPETENCY: SELF-AWARENESS

ACTIVITY INFORMATION

Activity: Resilience Inventory

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: None needed.

Preparation: None needed.

ACTIVITY

Present a resiliency inventory for preschool and elementary school aged children. Have them identify a difficult time in their life when they used strength and courage to make it through. Explain that that is resiliency. Help them identify these attributes and relate them to present and future uses. 1. Tell me about a time in your life you felt you were resilient. 2. How did people respond? What did they say? 3. How did that make you feel? 4. How does it feel now? 5. Is there anything you wish others had done? 6. Can you use what you learned from this experience now?