



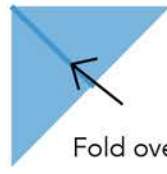
Cut Out



Fold Over



Unfold



Fold over



Unfold



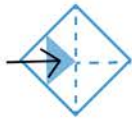
Fold all 4 Corners



Look Like This



Turn It Over



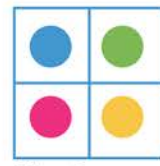
Fold Corners Over



Looks Like This



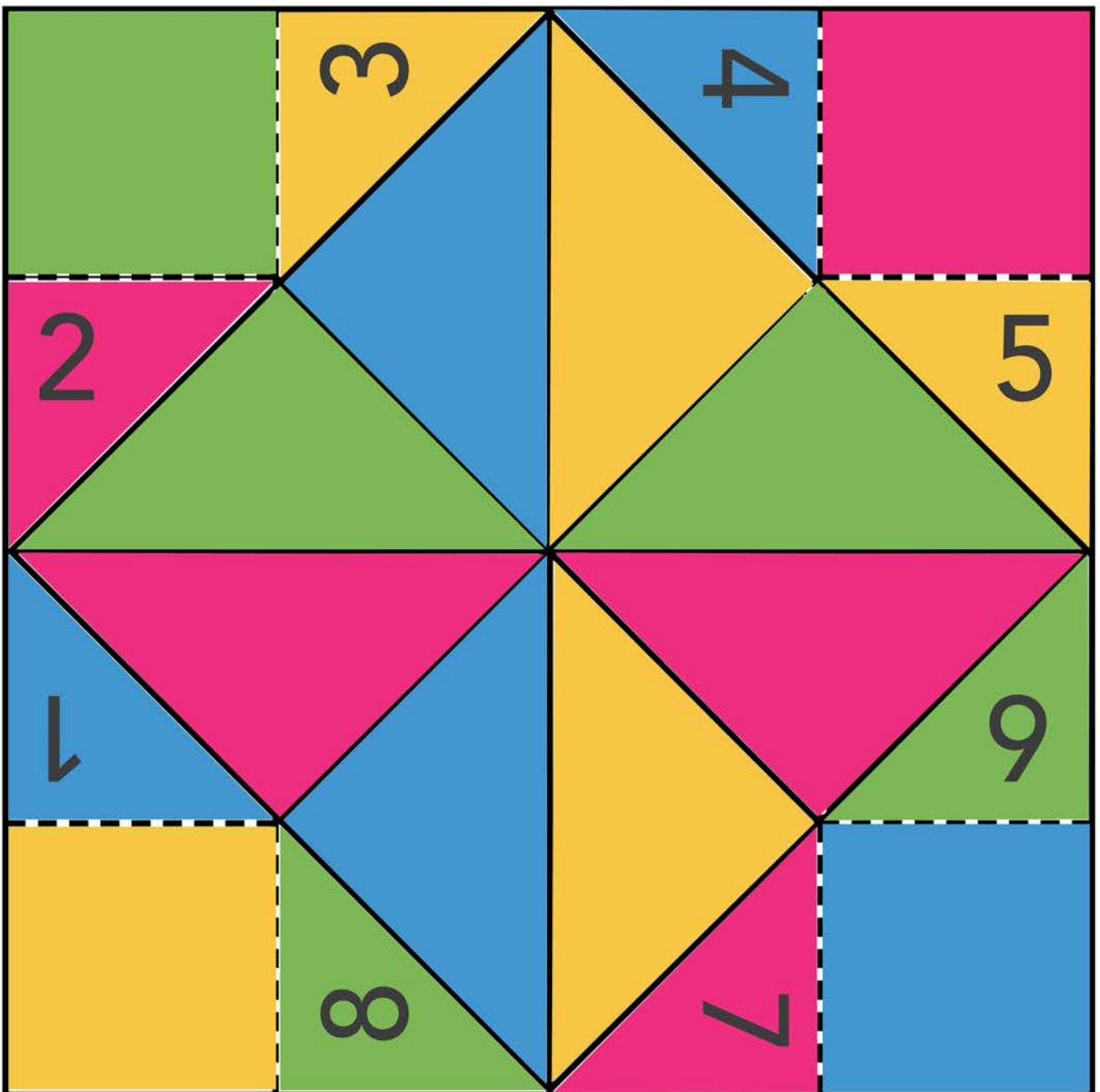
Enlarged So You Can See Better



Flip Over Add Colors



Fold in half

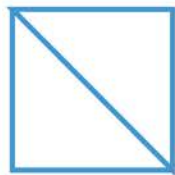




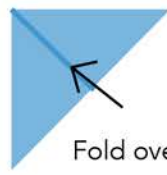
Cut Out



Fold Over



Unfold



Fold over



Unfold



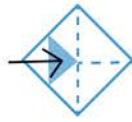
Fold all 4 Corners



Look Like This



Turn It Over



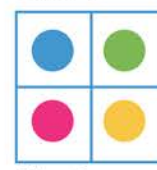
Fold Corners Over



Looks Like This



Enlarged So You Can See Better



Flip Over Add Colors



Fold in half



	3	4	
	What are some things that might have seemed hard at first but feel easy to you now?	What is one area of your life where you could concentrate on developing resiliency?	How can resiliency help you?
2			5
	What is a goal you have?		
1	•Are you more or less resilient than you were last year?	What can you do to develop resiliency in trying to reach this goal?	9
	Why is it important to practice a skill like resiliency?	What great challenges have you faced and what did you do to overcome them?	
	8	7	