

Resilience



October Values theme: How do we keep going if things are difficult?

- Resilience is not giving up even when things are difficult.
- Resilience is embracing challenge.
- Resilience is being able to withstand stress.
- Resilience is bouncing back.
- Resilience helps me to feel confident.

Resilience					
Perseverance	Determination	Optimism	Independence	Self-belief	Positivity
Courage					