

Cultivating Resilience

RESOURCES

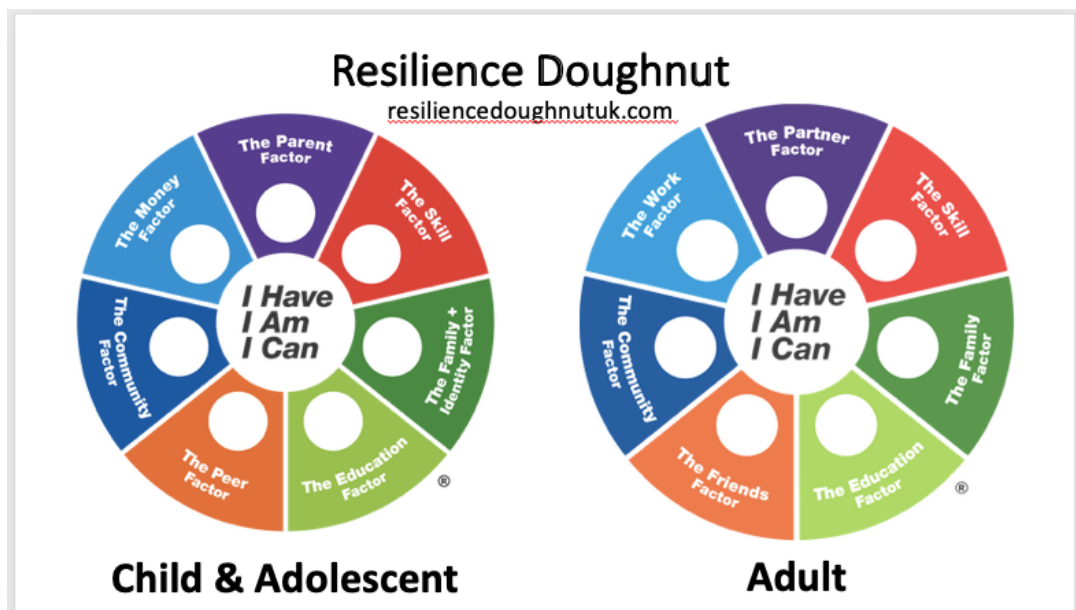
Love **God** with your whole heart, soul, mind, and body. Love **others** as **yourself**.

Matthew 22:37-39

WHO I HAVE (RELATION TO OTHERS)

WHO I AM (RELATION TO GOD)

WHAT I CAN DO (RELATION TO SELF)



Resilience Doughnut - <https://www.theresiliencedoughnut.com.au>

Resilience Report: Provides a snapshot of your specific resilience characteristics and provides avenues for intervention and ongoing support. <https://www.resiliencereport.com>

VIA (Values in Action) Institute on Character: <https://www.viacharacter.org>

"Your character strengths are the qualities that come most naturally to you. Every individual possesses all 24 character strengths in different degrees, giving each person a unique character profile. When you know your strengths, you can improve your life and thrive. Research reveals that people who use their strengths a lot are 18x more likely to be flourishing than those who do not use their strengths."

Strengths Assessment Survey for Youth and Adults (ages 10 and up at link above)

[Strengths-based Activities/Exercises for Adults and Kids](#) (see examples below)

Character Strengths at Home for Kids: Secret Strengths Spotting

Character Strengths at Home
We can use all of our 24 strengths to thrive! Use these weekly reminders to practice spotting strengths and having your unique combination of character strengths!

Secret Strengths Spotting
Thriving Learning Communities™: What Do You See Wednesday

- 1 Find a partner for this activity – this could be a family member, class friend, neighbor or someone else! Anyone is fine as long as it's someone you will interact with throughout the day.
- 2 In the morning, secretly pick 2 strengths from the chart. Don't tell your partner what strengths you chose!
- 3 As you go throughout your day, notice all the small and big ways that your partner is using the secret strengths you chose. How do they use the strengths with you? With others? With themselves?
- 4 At the end of the day, agree on a time when you are going to share what you saw. Make sure your partner can hear multiple examples of how you saw them using the secret strengths – they will definitely appreciate it!

For additional social-emotional learning activities through the lens of character strengths, visit <http://bit.ly/TLCatHome>

Character Strengths at Home for Kids: Flipping the Script

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Flipping the Script
Thriving Learning Communities™: Think About It Thursday

Often when we think about certain strengths, we think about using them in specific ways. Challenge yourself to think about how you might use the strength in a different way today!

CREATIVITY "I like to use my imagination." Often we think about using creativity to draw or paint. How can you use creativity when you are? <ul style="list-style-type: none">• Cooking dinner?• Taking a walk?• Completing a math problem?• Taking a walk?	HUMOR "I like to make others smile and laugh." Humor is not just about telling jokes! How can you use humor when you are? <ul style="list-style-type: none">• Flipping a game?• Singing a song?• Whistling a tune when alone?
LOVE "I tell people I love them 3 times more than when they are not around." Love can look like all different ways and it is more than just for our family. How do you show love for? <ul style="list-style-type: none">• Your teacher?• Your friends?• Yourself?	LOVE OF LEARNING "I like learning new things whenever I go." We can use our love of learning for both inside and outside school subjects. What is something new you want to learn about? <ul style="list-style-type: none">• Your family?• Your community?• Your hobbies?

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Refer to worksheets below on 'Three Good Things' and 'Loving Kindness Meditation'

Additional resources:

PERMA Theory of Well-Being (University of Pennsylvania)

<https://ppc.sas.upenn.edu/learn-more/perma-theory-well-being-and-perma-workshops>

"How to Flourish During the Coronavirus Pandemic: Research from the Human Flourishing Program at Harvard" (identifies Christian-based virtues)

<https://www.thepublicdiscourse.com/2020/03/61677/>

"Love and Courage in a Global Pandemic" (podcast)

<https://theallendercenter.org/2020/03/love-courage-pandemic-1/>

Curt Thompson, *Anatomy of the Soul*, reflection based on Luke 3 (see below)

Songs:

["Be Kind to Yourself"](#) by Andrew Peterson

["I Like You as You Are"](#) and ["It's You I Like"](#) by Mr. Fred Rogers

["This is My Destiny"](#) by Dennis Jernigan

THREE GOOD THINGS

REFLECT

THINK BACK ON TODAY AND REFLECT ON THE GOOD THINGS THAT OCCURRED

RECORD

WRITE DOWN THREE THINGS THAT WENT WELL AND WHY THEY WENT WELL.



REVIEW

USE THE VIA CLASSIFICATION AND LOOK FOR THE STRENGTHS THAT YOU/OTHERS USED.

LOVING - KINDNESS MEDITATION

SOFTEN

FIND A COMFORTABLE SPACE TO SIT QUIETLY
AND TAKE A FEW DEEP, RESTORATIVE
BREATHS.

IMAGINE

TAKE A FEW MOMENTS TO SAY THE FOLLOWING
STATEMENTS TO YOURSELF AND TRULY REFLECT
ON THE MEANING BEHIND THEM:

- MAY I BE FILLED WITH LOVING-KINDNESS.
- MAY I BE SAFE FROM INNER AND OUTER DANGERS.
- MAY I BE WELL IN BODY AND MIND.
- MAY I BE AT EASE AND HAPPY.

EXTEND

THINK OF THE PEOPLE IN YOUR LIFE THAT YOU LOVE.
SAY THE STATEMENTS AGAIN, REPLACING "I" WITH
"YOU" AND IMAGINE THOSE INDIVIDUALS AS YOU SAY
EACH. WRITE WHO YOU ARE EXTENDING THIS
LOVING/KINDNESS MEDITATION TO BELOW:

If you'd like to try the meditation exercise based on the story of Jesus' baptism in Luke 3, find a quiet place where you will not be distracted or interrupted. Allow yourself to be in a comfortable posture, with your eyes closed.

Take a deep breath and begin to imagine yourself in a physical environment that is peaceful and calm. You may visualize yourself beside the ocean or a lake, in a forest or a meadow, or surrounded by mountains—anywhere that exudes beauty and tranquility. Allow yourself, now, in your imagination, to take a few moments to be aware of your surroundings, simply taking in what you sense visually, tactilely, and auditorially.

Next, allow yourself to sense God's presence. There is no right or wrong way for him to appear or be revealed. You may even perceive his physicality to the point of being in bodily form.

Now, if you are a woman, imagine hearing God clearly say to you directly, calling you by name, "You are my daughter, and I do so love you. I am *so pleased* with you and that you are on the earth." Or if you are a man, you would imagine hearing something like, "You are my son whom I love. I am *so pleased* with you and that you are on the earth."

Sense, if you can, God looking you directly in the eyes as he says these words. Do not turn away from his gaze. Do not resist his voice. Allow yourself to be in his presence for several minutes. Do not leave this place in your mind quickly. What do you feel? What do you feel God feeling as he looks with tenderness and strength into the windows of your soul?

Remember that people have different reactions to this exercise. There is in fact no right response, only a true one.

I invite you to practice this meditation—it may take only a few minutes—each day for six weeks. If you do, remember that you are not simply engaging with some abstract dimension of your mind; you are in fact, changing the neural networks of your brain. Practically, this exercise may lead you to a deep awareness of being known and cared for by your Father. Initially, this may take place only during the meditation. Eventually, however, you will find that you can quickly access the positive images, feelings, sensations, and words you hear during moments of discomfort in everyday life, altering your response to an anxiety-provoking event.