

Poster: Tools for Resilience

Directions: Review the articles and websites detailed below to learn more about helpful and healthy tools that can lead to resilience. Use the space below to take notes.

NPR: How You Eat Can Amp Up Or Tamp Down Stress -
<https://www.npr.org/sections/thesalt/2014/07/14/329529110/-food-mood-connection-how-you-eat-can-amp-up-or-tamp-down-stress>

Harvard Medical School: Exercising to Relax -
<https://www.health.harvard.edu/staying-healthy/exercising-to-relax>

Kids Health: Mindfulness - <https://kidshealth.org/en/kids/mindfulness.html>

Resilience Tool 1: Healthy Food

How can healthy food make us feel more calm?

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Resilience Tool 2: Exercise

How can exercise help us to manage stress?

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Resilience Tool 3: Mindfulness

How can mindfulness build resilience and stress-management skills?

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- _____

Name _____

Date _____

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After reviewing the tools above, follow the directions below to create your poster.

1. Choose one tool from above.
2. Draw a picture of this resilience tool below.
3. Write tips to encourage others to use this tool of resilience.
4. Use crayons and markers for detail and craftsmanship.
5. Cut out the box below.
6. Glue the box on your classroom's Tools for Resilience poster.

