

20-Day Resilience Challenge

Week 1	Day	Day	Day	Day	Day	Saturday
28	1	2	3	4	5	6
	Getting Started: What is Resilience, anyway?! *Browse the Resilience info and watch the intro video 😞	Feeling “safe, happy, or good.” *Have your child watch the “ Resourcing ” video. What did they choose? Have them draw it! Hang it up!.	Mindful Movement: *Have your child do the “ Balance and Strength ” video. Talk about how they felt doing it. What part of their body felt the strongest?	Mindful Stillness: *Have your child do the “ All About the Breath ” video. Ask how it felt doing the breathing. Talk about different situations where breathing could be helpful.	Family Fun: *Have your child write or draw a picture of 3 Good Things in their life right now. Hang it up! Have each family member tell their 3 Good Things!	
Week 2	8	9	10	11	12	13
	Mindful Movement: *Have your child try the “ Flexible in Mind and Body ” video. Talk about how they feel.	Mindful Stillness: *Have your child do the “ Tense and Relax ” video. Talk about what sensations they felt as they tensed and then relaxed.	Mindful Movement: *Have your child do the “ Energizing Mindful Movement ” video. Could they feel their energy moving?	Mindful Movement: *Have your child do the “ Stuck in My Seat ” video. Talk about how they could use these movements during online learning.	Family Fun: *Ask your child who their one special, trusted adult is. When is the last time they checked in with them? Have each family member name theirs!.	
Week 3	15	16	17	18	19	20
	That one special person: *Make a plan for your child to check in with their trusted adult! 😊	Mindful Movement: *Have your child do the “ Animal Mindful Movement ” video. Which animal was most challenging?	Mindful Stillness: *Have your child do the “ Check in With Myself ” video. What did their body need today? How are they feeling?	Mindful Movement: *Have your child do the “ Move and Freeze ” video. Talk about what sensations they felt in their body.	Family Fun: *When eating dinner tonight, pay attention to eating. Talk about how each bite tastes, feels, smells. ENJOY!	
Week 4	22	23	24	25	26	27
	Resourcing (again!) *Get a box or bag for your child to put things that make them feel “safe, happy, or good.” We will add to it this week!	*Ask your child to remember a time they felt happy or excited. What were they doing? Who were they with? Have them draw a picture of it and add it to the box!	*Ask your child to think of something that is special about them, or that they are really good at. (Help them if they are stuck.... You know them best!) Write it down for your child and add it to the box!	Mindful Movement of Stillness: *Have your child choose the video they felt was “most helpful” to do again. Talk about why they chose that video. How is it helpful?	Family Fun: *At dinner tonight, have each family member tell one thing they appreciate about your child. Write the ideas down. Add it to the box!	Congratulations! You made it to the end of the challenge! Encourage your child to keep adding things to their “Resource Box.” 😊