

Resilience Shield

Resilience: to keep going when things are hard

Shield: Tools to help us overcome the hardships of life

Space 1: Words that describe God and/or your favorite Bible verse/motto

Space 2: Words that describe your strengths

Space 3: Draw or write something that you enjoy doing

Space 4: Draw or write a person(s) that you love

Space 5: Draw or write a place that helps you feel safe

