

Positive steps for young people

The Wellbeing-Resilience Toolbox

Teacher Manual

THE WELLBEING-RESILIENCE TOOLBOX FOR TEACHERS



© 2020 Stride In2Life

Apart for main use permitted under the Copyright Act 1968, no part may be reproduced by an process, nor may any other exclusive right be exercised, without the permission of Stride, 11 Clarence Street, Bentleigh East 3165

Ph:03 9088 5520



Table of Contents

Course Overview	Page 4
The 7 Habits of Highly Resilient Teachers	Page 5
Habit # 1: STRETCH	Page 6
Habit #2: TRUST	Page 7
Habit #3: RESILIENT MINDSET	Page 8
Habit #4: ENERGY	Page 9
Habit #5: NOWNESS	Page 10
Character Strengths	Page 11
Habit #6: GRIT	Page 12
Habit #7: THANKFULNESS	Page 13
Bonus Habit #8: HUMOUR	Page 14



Course Overview

Welcome to The Resilience Toolbox for Teachers.

As Education leaders it is essential that you are functioning at your best. This means managing your stress levels and your mindset. To help you express the best version of yourself, this course focuses on our **C.O.R.E S.T.R.E.N.G.T.H MODEL**

This is made up of the 8 habits of highly resilient teachers plus their 4 learning outcomes. These can be explained as follows:

CONFIDENCE OPTIMISM RESILIENCE EMPOWERMENT STRETCH out of your comfort zone TRUST RESIIENCE ENERGY NOWNESS GRIT THANKFULNESS + BONUS HABIT HUMOUR

LEARNING OUTCOMES:

CONFIDENCE: Knowing your strengths and believing in your capabilities
 OPTIMISM: Being solutions focused and embracing a positive outlook
 RESILIENCE: Focusing on Feedback and growth mindset
 EMPOWERMENT: Choosing habits that bring out the best version of yourself





The 8 Habits

OF HIGHLY RESILIENT TEACHERS

Each habit can be explained as follows:

STRETCH out of your comfort zone and challenge yourself

TRUST your instincts

RESIIENCE is having a growth mindset

ENERGY flows where your focus goes

NOWNESS is the key to being present

GRIT is your character strengths

THANKFULNESS is appreciating all you have

HUMOUR is a way to find the joy in situations



Wellbeing-Resilience Toolbox for Teachers HABIT #1: STRETCH

The Comfort Zone

The Comfort Zone is the space within each of us where we play safe and small .

Although emotional and physical safety are imperative, we need to ensure that we are challenging ourselves and always growing.

Self Reflection:
Where am I playing small and safe?



Wellbeing-Resilience Toolbox for Teachers HABIT #2: TRUST

TRUSTNG YOUR INSTINCTS

Self-trust is an essential Resilience Skill. Very often we let the opinions and pressures of others cloud our own judgment. Read through and answer the questions below.

Self Reflection:

How would I rate my ability to TRUST myself? (Give yourself a rating between 0-10.

0 is non-existent and 10 is excellent)

For what reason(s) did I give myself this rating?

How can I TRUST myself more?



Habit #3: Resilient Mindset



Resilience to me is:



Wellbeing-Resilience Toolbox for Teachers Habit #4: Energy

People who uplift me

People I can talk to about problems

Things that make me feel happy

Things that recharge me

Energy Drainers



Resilient Toolbox for Teachers

HABIT #5 : NOWNESS

Mindful habits to keep you in the Now

Mindfulness is an important habit to maintain a sense of calm and wellbeing. In this section we will highlight the difference between an emotional reaction and a mindful response.

We will also identify ways for you to bring mindfulness into your schedule and outline a self-care plan.

Self Reflection:

What Mindful habits can I bring into my schedule?

When can I practice these habits as a commitment to my Self-Care?

Day	Time
	Day



Wellbeing-Resilience Toolbox for Teachers Character Strengths

AbilityForgivingOpen-mindedAcceptingForthrightPassionateAccountableFreePatientAdventurousFriendlyPeacefulAmbitiousFunPerceptiveAnticulateGenerousPersuasiveAssertiveGentlePersuasiveAppreciationGracefulPlayfulAuthenticGratefulPracticalAwareGrowingProactiveBalanceHappyPureBeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCalmHonorableResilientCaringHopefulResourcefulCharismaticImaginativeResponsiveCommittedInnovativeReverentConsiderateIntuitiveSelf-directedContentIntegralServiceCourageousJoyfulSociableCuriousLovingSpiritualDecisiveLoyalSystematicDisciplinedModerateTrustfulDisciplinedMindfulTrustfulDisciplinedMindfulTrustfulDisciplinedModerateTrustworthyDisciplinedModerateTrustfulDeterminedMecifulTolerantDisciplinedNobileUnintedEnergizedNobileUnintedEnergizedNobileUnintedEnergizedNobileValuableExpressiveOrga			
AccountableFreePatientAdventurousFriendlyPeacefulAmbitiousFunPerceptiveArticulateGenerousPersistentAssertiveGentlePersuasiveAppreciationGracefulPlayfulAuthenticGratefulPracticalAwareGrowingProactiveBalanceHappyPureBeautifulHealthyPurposefulCapableHelpfulRelaibleCalmHonestReliableCaringHopefulResourcefulCaringHopefulRespectfulCharismaticImaginativeResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedCourageousJoyfulSociableCourageousJoyfulSociableCourageousJoyfulSociableCourageousJoyfulSystematicDecisiveLoyalSystematicDetachedMatureTactfulDetachedMatureTactfulDetachedMetrulusTrustworthyDignifiedModerateTrustworthyDignifiedModestTrustfulDetachedNatureTactfulDetachedNatureTactfulDetachedMetrelTactfulDetachedModerateTrustfulDetachedModerateTrustfulDetachedNobileUnderstandingEnergizedNobileVauable<	Ability	Forgiving	Open-minded
AdventurousFriendlyPeacefulAmbitiousFunPerceptiveAnticulateGenerousPersistentAssertiveGentlePersuasiveAppreciationGracefulPlayfulAuthenticGratefulPracticalAwareGrowingProactiveBalanceHappyPureBeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCaringHopefulResourcefulCertainHumbleResponsibleCleaninessIndependentResponsibleCleaninessIndependentResponsiveCommittedInnovativeReverentConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneCourageousJoyfulSociableCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDetachedMindfulTrustfulDisciplinedMindfulTrustfulDisciplinedMindfulTrustfulDisciplinedModerateTrustfulDignifiedModestTruthfulEmpressiveOpedientVersatileExcellentObjectiveVersatileExcellentObjectiveVersatile		Forthright	Passionate
AmbitiousFunPerceptiveArticulateGenerousPersistentAssertiveGentlePersuasiveAppreciationGracefulPlayfulAuthenticGratefulPracticalAwareGrowingPracticalBalanceHappyPureBeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCaringHopefulResourcefulCertainHumbleResponsibleCleanlinessIndependentResponsibleCommittedInnovativeReverentCompassionateInsightfulSelf-disciplineConsiderateIntuitiveSereneCourageousJoyfulSociableCourageousJoyfulSociableCuriousLovingSpiritualDeterminedMatureTactfulDeterminedMeticulousThankfulDeterminedMeticulousThankfulDeterminedModerateTrustfulDisciplinedModerateTrustfulDignifiedModerateTrustfulDignifiedModerateTrustfulDignifiedModerateTrustfulDisciplinedModerateTrustfulDisciplinedModerateTrustfulDisiplinedModerateTrustfulEmpatheticNuturingUnderstandingExcellentObjectiveVersatileExcellentObjectiveVersatile <td>Accountable</td> <td>Free</td> <td>Patient</td>	Accountable	Free	Patient
ArticulateGenerousPersistentAssertiveGentlePersuasiveAppreciationGracefulPlayfulAuthenticGratefulPracticalAwareGrowingProactiveBalanceHappyPureBeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCalmHonorableResultentCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsibleCompassionateInspiringSelf-directedConfidentInspiringSelf-directedCourageousJoyfulSociableCourageousJoyfulSociableCuriousLovingSpiritualDeterminedMeticulousThankfulDeterminedMeticulousThankfulDeterminedMeticulousThankfulDeterminedMeticulousThankfulDeterminedModerateTrustfulDisciplinedModerateTrustfulDignifiedModestTruthfulEmpressiveOrganizedValuableExcellentObjectiveVersatile	Adventurous	Friendly	Peaceful
AssertiveGentlePersuasiveAppreciationGracefulPlayfulAuthenticGratefulPracticalAwareGrowingProactiveBalanceHappyPureBeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCalmHonorableResilientCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineContentIntegralServiceCooperativeJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMetrcifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustfulDignifiedModerateTrustfulDignifiedNobileUnitedExcellentObjectiveValuableExcellentObjectiveValuableExcellentObjectiveValuable	Ambitious	Fun	Perceptive
AppreciationGracefulPlayfulAuthenticGracefulPracticalAwareGrowingProactiveBalanceHappyPureBeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCalmHonorableResilientCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCommittedInnovativeSelf-directedConfidentInspiringSelf-directedContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourageousJoyfulSociableCuriousLovingSpiritualDetachedMatureTactfulDetachedMeticulousThankfulDetachedMeticulousThankfulDetachedMindfulTrustfulDigifiedModerateTrustfulDignifiedModerateTrustfulDignifiedNobileUnidedEmpatheticNurturingUnderstandingEnthusiasticObecientValuableExcellentObjectiveVersatileExcellentObjectiveVersatile	Articulate	Generous	Persistent
AuthenticGratefulPracticalAwareGrowingProactiveBalanceHappyPureBeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCalmHonestResilientCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsgirtingSelf-directedConfidentInsgirtingSelf-disciplineContentIntegralServiceCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDeterminedMeticulousThankfulDetordedMercifulTolerantDisciplinedModerateTrustfulDignifiedModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedExcellentObjectiveVersatileExcellentObjectiveVersatile	Assertive	Gentle	Persuasive
AwareGrowingProactiveBalanceHappyPureBeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCalmHonorableResilientCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsibleCleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-directedContentIntegralServiceCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDeterminedMetculousThankfulDeterminedMetculousThankfulDetypinedModerateTrustfulDignifiedModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedExcellentObjectiveVersatileExcellentObjectiveVersatile	Appreciation	Graceful	Playful
BalanceHapyPureBeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCalmHonorableResilientCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineCooperativeIntegralServiceCourageousJoyfulSociableCuriousJustSteadfastCreativeKindStrengthCuriousLovingSystematicDeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentNobileUnitedExpensiveObjectiveVersatileExpensiveOrganizedWholeFairOrderlyWise	Authentic	Grateful	Practical
BeautifulHealthyPurposefulCapableHelpfulRelaxingCandidHonestReliableCalmHonorableResilientCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsibleCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInsightfulSelf-disciplineConsiderateIntuitiveSereneCourageousJoyfulSociableCourageousJoyfulSociableCourageousJoyfulSociableCuriousLovingSpiritualDecisiveLoyalSystematicDeterminedMeticulousThankfulDeterminedMeticulousTrustfulDisciplinedModestTruthfulDignifiedModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedEntusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Aware	Growing	Proactive
CapableHelpfulRelaxingCandidHonestReliableCalmHonorableResilientCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineConsiderateIntegralServiceCourageousJoyfulSociableCourageousJoyfulSociableCourageousJoyfulSociableCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMetriculousThankfulDetoredMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustfulDignifiedNobileUnidedEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Balance	Нарру	Pure
CandidHonestReliableCalmHonorableResilientCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-directedConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDeterminedMeticulousThankfulDeterminedMetrifulTolerantDisciplinedModerateTrustfulDignifiedModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedEnthusiasticObedientValuableExcellentObjectiveVersatileFairOrderlyWise	Beautiful	Healthy	Purposeful
CalmHonorableResilientCaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDisciplinedModerateTrustworthyDignifiedModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedEntusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Capable	Helpful	Relaxing
CaringHopefulResourcefulCertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDetachedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustfulDignifiedNobleUnitedEnergizedNobileUnitedEnergizedNobileValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Candid	Honest	Reliable
CertainHumbleRespectfulCharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDetachedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Calm	Honorable	Resilient
CharismaticImaginativeResponsibleCleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCuriousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDetotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentNobileUnderstandingEnergizedNobileUnitedEnergizedObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Caring	Hopeful	Resourceful
CleanlinessIndependentResponsiveCommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCuriousJustSteadfastCreativeKindStrengthCuriousLovingSystematicDecisiveLoyalSystematicDetachedMatureTactfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustfulDignifiedNobileUnderstandingEnergizedNobileUnitedEnergizedObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Certain	Humble	Respectful
CommittedInnovativeReverentCompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDisciplinedModerateTrustfulDignifiedModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Charismatic	Imaginative	Responsible
CompassionateInsightfulSelf-directedConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentNobileUnitedEnergizedNobileUnitedExpressiveOrganizedWholeFairOrderlyWise	Cleanliness	Independent	Responsive
ConfidentInspiringSelf-disciplineConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentModestTruthfulEmpatheticNurturingUnderstandingEnthusiasticObedientValuableExcellentObjectiveVersatileFairOrderlyWise	Committed	Innovative	Reverent
ConsiderateIntuitiveSereneContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDevotedMindfulTrustfulDisciplinedModerateTrustfulDignifiedNobileUnitedEmpatheticNurturingUnderstandingEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Compassionate	Insightful	Self-directed
ContentIntegralServiceCooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Confident	Inspiring	Self-discipline
CooperativeIntelligentSincereCourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentNobileUnitedEnergizedNobileUnitedEnthusiasticObedientValuableExpressiveOrganizedWholeFairOrderlyWise	Considerate	Intuitive	Serene
CourageousJoyfulSociableCourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Content	Integral	Service
CourteousJustSteadfastCreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Cooperative	Intelligent	Sincere
CreativeKindStrengthCuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentNobileUnderstandingEnergizedNobileUnitedExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Courageous	Joyful	Sociable
CuriousLovingSpiritualDecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentModestTruthfulEmpatheticNurturingUnderstandingEnergizedObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Courteous	Just	Steadfast
DecisiveLoyalSystematicDetachedMatureTactfulDeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentModestTruthfulEmpatheticNurturingUnderstandingEnergizedObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Creative	Kind	Strength
DetachedMatureTactfulDeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentModestTruthfulEmpatheticNurturingUnderstandingEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Curious	Loving	Spiritual
DeterminedMeticulousThankfulDevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Decisive	Loyal	Systematic
DevotedMercifulTolerantDisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Detached	Mature	Tactful
DisciplinedMindfulTrustfulDignifiedModerateTrustworthyDiligentModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Determined	Meticulous	Thankful
DignifiedModerateTrustworthyDiligentModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Devoted	Merciful	Tolerant
DiligentModestTruthfulEmpatheticNurturingUnderstandingEnergizedNobileUnitedEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Disciplined	Mindful	
EmpatheticNurturingUnderstandingEnergizedNobileUnitedEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Dignified	Moderate	Trustworthy
EnergizedNobileUnitedEnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Diligent	Modest	Truthful
EnthusiasticObedientValuableExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise	Empathetic	Nurturing	Understanding
ExcellentObjectiveVersatileExpressiveOrganizedWholeFairOrderlyWise		Nobile	United
ExpressiveOrganizedWholeFairOrderlyWise	Enthusiastic	Obedient	Valuable
Fair Orderly Wise	Excellent	Objective	Versatile
5	Expressive	Organized	Whole
Flexible Open-hearted Zealous		5	
۰ <u>۱</u>	Flexible	Open-hearted	Zealous



Wellbeing-Resilience Toolbox for Teachers Habit # 6: GRIT

Passion and Perseverance

Nothing drains our mindset greater than fearing failure and feeling frustration. GRIT allows you to embrace challenges with Passion and Perseverance.

A great way to flip your fear into grit is knowing your character strengths. These are the qualities of your most confident and ideal self.

Instructions:

- 1. Look through the list of character strengths and circle your top 10 Character Strengths.
- 2. Narrow those 10 down to your top 3
- 3. Answer the questions below

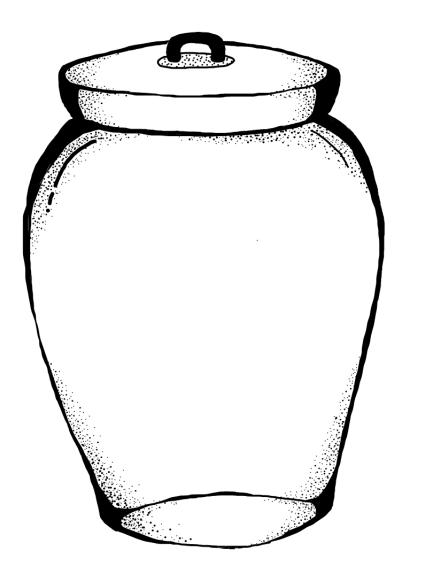


Wellbeing-Resilience Toolbox for Teachers HABIT #7: THANKFULNESS

Attitude of Gratitude

Modern Neuroscience emphasises the importance Gratitude. When we feel grateful, we release the hormone Oxytocin, the feel good hormone that helps us balance our stress hormones.

In the jar pictured below make a list of 10 things you feel most grateful for today.





HABIT #8: Humour

(The Power of Joy)

Benefits of Laugher:

- Boosts Immune System
- Helps the body release Endorphins- the feel good hormone
- Body relaxation
- Burn off calories
- Increase blood flow and promotes heart health
- Soften anger and other negative emotions
- Longevity
 – studies show that people who laugh often live longer
- Fosters creativity, playfulness and joy
- Solves anxiety

Benefits of humour in the classroom:

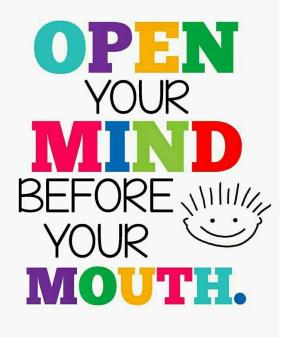
- Humour helps sparkle the dull
- Relieves fear and anxiety
- Increases engagement and participation
- Activates a sense of wonder
- Releases Dopamine, the reward hormone which builds a sense of community, helps with memory retention and enhances goal-oriented motivation



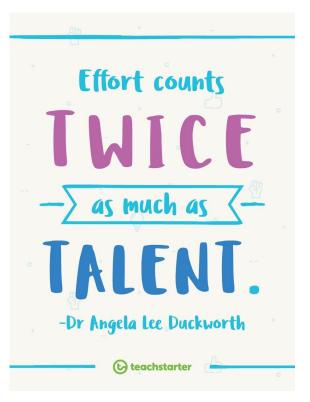


Your quotes

Sometimes the things we can't change end up changing us



YOU HAVE TO BE ODD TO BE NUMBER ONE, - DR. SEUSS





Your quotes









Your notes



Your notes



Your notes



RESILIENCE TOOLBOX FOR TEACHERS



© 2020 Stride In2Life

Apart for main use permitted under the Copyright Act 1968, no part may be reproduced by an process, nor may any other exclusive right be exercised, without the permission of Stride, 11 Clarence Street, Bentleigh East 3165

Ph:03 9088 5520

