



“Get the Scoop” from WCS students..

What does Resiliency mean to me?

According to two Grade 5 students.....

*Resiliency means that you are able to bounce back from problems. It means not giving up and always looking for solutions that I can do myself so that others do not always need to help me.

According to four Grade 4 students.....

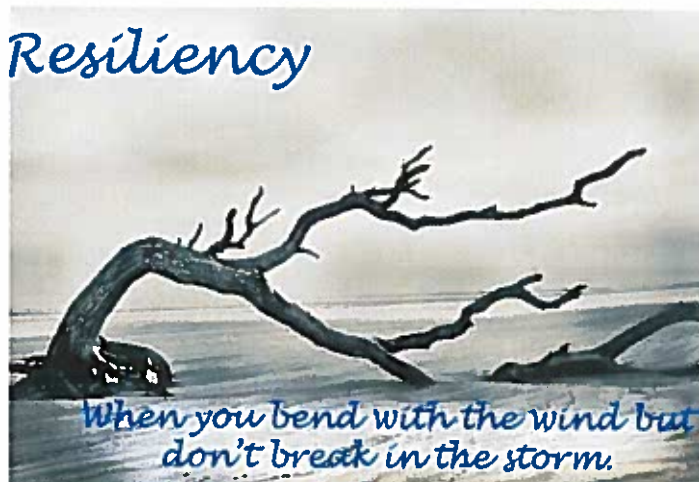
*Resiliency means problem solving. I am learning to problem solve on my own which is hard for me.

*It means that there are some things that other kids say to me that I have to ignore. I can't control what they are thinking.

According to two Grade 3 students.....

*Resiliency means when you have a plan and it doesn't go your way and you tell yourself it's going to be okay.

*Resiliency means encouraging classmates when they are having a tough time.



How can my parents help me be resilient?

• According to some of our students,

*my parents can help me be more resilient by asking me questions and listening to how I will solve my problem.

*my parents need to know that I sometimes make mistakes and get involved in situations at school. I need help figuring out my role and what I can do differently next time.

*It is ok for us to struggle and figure things out ourselves. This will help us be more resilient.

*I would like my parents to role model how to solve problems. Like using their WITS like we are taught at school.