Instructions:
1. Create a self portrait on the head template, and decorate the mask and shirt below.
2. Answer one or all of the following questions in the yellow box.
   - What is a personal strength that you possess?
   - What has offered you comfort or support over the past year?
   - What has helped you to be resilient during these challenging times?
3. Cut along all dotted lines.
4. Glue mask cut out vertically along “glue here” to create a flap that opens to the right to reveal what makes you resilient!

What is Resilience?
Resilience is the ability to adapt to life’s challenges and weather the storm. We all have unique inner strengths. Some of us take part in activities, or have special people or animals in our lives that help us to be resilient.

My name is ____________________________

I am resilient because...

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