



RESILIENCE

resilience | rəˈzɪljəns | noun

the capacity to recover quickly from difficulties; toughness

WHY IS IT IMPORTANT?

RESILIENCE MAKES CHILDREN:

- HAPPIER
- MOTIVATED
- ENGAGED
- HAVE A POSITIVE OUTLOOK
- BETTER LEARNERS

COVID-19 RISK FACTORS

1. Stay-at-home orders disrupt routine
2. Loss of a family member due to the virus
3. Loss of family income
4. Change to virtual schooling
5. Lack of in-person peer interaction
6. Potential violence in home

