## Theme-Lesson 1- Routes to Resilience

During the Spring term you were introduced to our Routes to Resilience words.

## These are:

courageous, team player, creative, caring, kind, enthusiastic, positive, respectful, appreciative, mindful, risk taker, leader, optimistic, supportive, confident, empathetic, curious, trustworthy and cooperative

Can you remember what all of these words mean?

Create a poster to show our words for Routes to Resilience and hang it up somewhere you will see it often.

Courageous	team playe	r creative
caring	kind enthus	iastic positive
Routes		
respectful	To	appreciative
mindful Resilience risk taker		
leader	optimis	tic
supportive		confident,
empathetic	curious	trustworthy
cooperative		