

Date : \_\_\_\_\_

Name: \_\_\_\_\_

# Check-in!

Take a few minutes to reflect on today's lesson.

## Step 1:

Assess your current level of knowledge by putting a checkmark in each of the applicable boxes.

	Not yet	Getting there	Yes
I understand what the term <b>resilience</b> means.			
I can recall a number of <b>strategies</b> for building resilience.			
I understand how building resilience can <b>contribute to overall mental health</b>			

## Step 2:

How confident are you in your ability to apply these new skills in your life? Circle one of the boxes below.

Overall, I am very confident in my ability to build my own resilience by applying various strategies	Getting there! I need to review and practice these strategies in my life in order to feel more confident applying them, but overall I feel pretty good about my ability to build my own resilience.	I think I need more time to learn and become comfortable with these strategies before I can start to build my own resilience.
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## Step 3:

What **comments** or **questions** do you have for your teacher? Write them in the space below: