

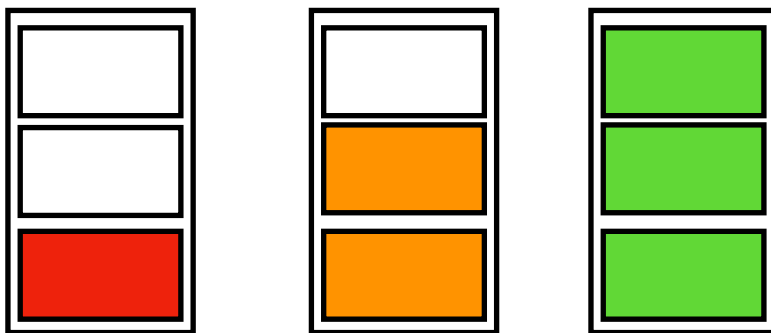
Bouncing Back Forward in Remote Learning

Our world has faced (and is still facing) a significant challenge. With a return to remote learning, many of us are understandably hopeful that things will eventually 'go back to normal' – that life and work can resume as they were before. It is important, however, that this process not be about *going back* but rather about *moving forward* into remote learning. The goal is to transition forward into the remote learning with the lessons from our first experience as our guide.

This series of quick and easy steps that can be taken to spark the mind and body into readiness for **TAKING OWNERSHIP** of the day. Try all of these things – they work!

5. RESILIENCE

Resilience is not a genetic trait. It is derived from the ways that we learn to think and act when faced with challenges large and small. It is our ability to meet and overcome challenges in ways that maintain or promote well-being plays an essential role in how we learn to achieve academic and personal goals.



3 PRACTICES TO STRENGTHEN RESILIENCE.

CULTIVATE

A growth mindset.

MANAGE

Your emotions.

FIND

Your sense of purpose.



BEING

COURAGEOUS