

# BES

## Monthly Resiliency Characteristics

Aligned with rule 6A-1.094124, F.A.C.



August – Citizenship – Making good choices to help my community and nation

September – Honesty – Telling the truth

October – Personal Responsibility – Using good judgment, self-control, and owning my actions

November – Gratitude – Being thankful and sharing it with others

December – Empathy – Understanding how and why others think, feel and act

January – Grit – Working consistently towards my long-term goals

February – Perseverance – Continuing to try even when things are hard

March – Problem Solving – coming to a solution by working together

April – Volunteerism/Mentorship – Giving or asking for support, guidance, training, or expertise

May – Critical Thinking – Gathering information to think through and determine the best choice