












# RESILIENCY CHARACTERISTIC OF THE MONTH

Florida is leading a first-in-the-nation approach that empowers students to persevere and overcome life's inevitable challenges. The Florida Department of Education developed state education standards and resources to equip students with skills that build resiliency. This sample calendar identifies a characteristic that can be highlighted each month! For more information, please visit [BuildResiliency.org](https://BuildResiliency.org).

MONTH	SKILL	DEFINITION
<b>January</b>	 <b>Self-Awareness &amp; Self-Management</b>	Understanding and governing our thoughts, actions and impact on others.
<b>February</b>	 <b>Grit</b>	Working consistently toward my long-term goals.
<b>March</b>	 <b>Critical Thinking &amp; Problem Solving</b>	Gathering information to think through and determine the best solution.
<b>April</b>	 <b>Mentorship</b>	Giving or asking for support, guidance, training or expertise.
<b>May</b>	 <b>Responsible Decision-Making</b>	Thinking about all options and outcomes to make the best choice.
<b>June</b>	 <b>Empathy</b>	Understanding others' thoughts, feelings and actions.
<b>July</b>	 <b>Responsibility</b>	Owning my actions, using good judgment and practicing self-control.
<b>August</b>	 <b>Resiliency</b>	Coming back after challenges or setbacks.
<b>September</b>	 <b>Citizenship</b>	Helping my neighbor, community and nation.
<b>October</b>	 <b>Honesty</b>	Telling the truth.
<b>November</b>	 <b>Gratitude</b>	Being thankful and sharing appreciation with others.
<b>December</b>	 <b>Perseverance</b>	Continuing to try when things are hard.