

# RESILIENCY FLORIDA

## January Characteristic of the Month Toolkit



Each month, Resiliency Florida features one of the key 11 Resiliency Characteristics as the characteristic of the month. This month, Resiliency Florida is spotlighting self-awareness and self-management.

In this toolkit, teachers, parents and school leaders will find a variety of resources to support starting the conversation about self-awareness and self-management, not only in school, but at home.

To learn about the other key Resiliency Characteristics, visit [BuildResiliency.org](https://BuildResiliency.org).

### JANUARY CHARACTERISTIC OF THE MONTH



**Self-Awareness & Self-Management** Understanding and governing our thoughts, actions and impact on others.

## MATERIALS

### PARENT RESOURCES

The Parent Resources are designed for parents and children to have conversations about resiliency at home. Download the Parent Resources for this month's characteristic, Self-Awareness and Self-Management clicking the correct grade level below.



GRADES K-2

GRADES 3-5

GRADES 6-8

GRADES 9-12

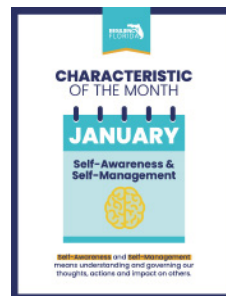
### SUBSCRIBE TO THE NEWSLETTER

Parents, teachers and community leaders can subscribe to the Resiliency Florida newsletter via the button below. Arriving at the beginning of each month, the newsletter is filled with a variety of resources to support the Resiliency Florida Characteristic of the Month.

SUBSCRIBE



### JANUARY CLASSROOM POSTER



Resiliency Florida provides teachers with a printable poster for January's characteristic of the month, self-awareness and self-management, which can be displayed in classrooms and media centers.

POSTER

### NEWSLETTER ASSETS

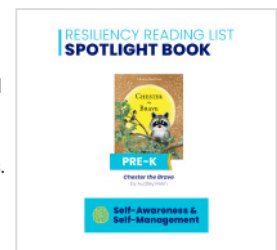
Districts and school leaders can use the visuals and copy below to spread the word about Resiliency and the Resiliency Florida Characteristic of the Month.

#### SUGGESTED POST TEXT

The characteristic of the month for Resiliency Florida is self-awareness and self-management, which is defined as understanding and governing our thoughts, actions and impact on others. Looking for resources on how to start the conversation with your students? Visit [BuildResiliency.org/Toolkits](https://BuildResiliency.org/Toolkits) to download specific resources for this month's focus.

#### SUGGESTED POST TEXT

Florida is leading a first-in-the-nation approach that empowers students to overcome life's inevitable challenges. FDOE developed state education standards and resources to equip students with skills that build resiliency. January focuses on the importance of self-awareness and self-management, or understanding and governing our thoughts, actions and impact on others. Learn more: [BuildResiliency.org](https://BuildResiliency.org).



GRAPHIC



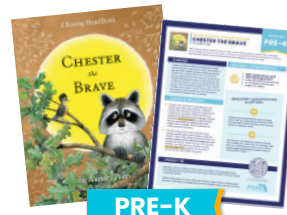
GRAPHIC

# RESILIENCY FLORIDA

## January Characteristic of the Month Toolkit

### FAMILY READING GUIDES

The Family Resiliency Reading Guides are resources to continue discussions at home about the books located on the Resiliency Florida reading list. Each Family Resiliency Reading Guide contains a summary of the book, conversation starters about resiliency and literacy tips. Use the following reading guides to start a conversation about self-awareness and self-management with your child after reading *Chester the Brave* or *I am Ruby Bridges*.



**Chester the Brave**  
by Audrey Penn

READING GUIDE



**I am Ruby Bridges**  
by Ruby Bridges

READING GUIDE

### SOCIAL MEDIA POSTS

Download the graphics below to share on social media and help spread the word about the Resiliency Florida Characteristic of the Month.

#### SUGGESTED POST TEXT

Each month, Resiliency Florida will focus on one of the key 11 Resiliency Characteristics. January's characteristic is self-awareness and self-management, defined as understanding and governing our thoughts, actions and impact on others.

GRAPHIC



#### SUGGESTED POST TEXT

Consider asking your child to create or identify a personal goal and track progress toward achievement over the year. This can help them grow in self-awareness about the consistency of their actions and see the positive outcomes that come from self-management.

GRAPHIC



#### SUGGESTED POST TEXT

Can you guess the characteristic? It can be defined as understanding and governing our thoughts, actions and impact on others. Swipe to see what the correct answer is and comment below if you guessed right!

GRAPHIC



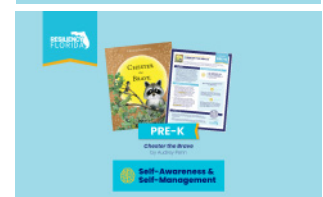
#### SUGGESTED POST TEXT

Looking for books to help start the conversation on self-awareness and self-management? The Resiliency Reading list has two! The Family Reading Guides for each book help continue discussions at home. Visit [BuildResiliency.org/ReadingList](https://BuildResiliency.org/ReadingList) to dive in!

GRAPHIC 1

GRAPHIC 2

GRAPHIC 3



#### SUGGESTED POST TEXT

Can you guess the characteristic? It can be defined as understanding and governing our thoughts, actions and impact on others. Swipe to see what the correct answer is and comment below if you guessed right!

GRAPHIC 1

GRAPHIC 2

