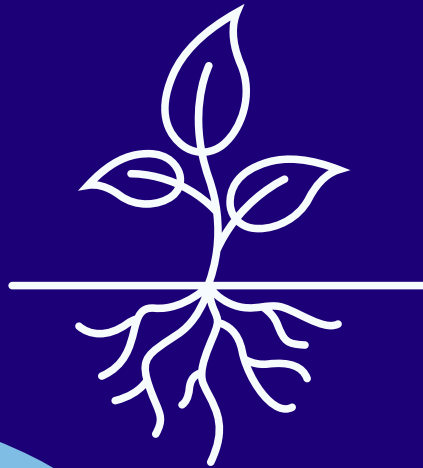


# Resilience Reflection Worksheet:

## "I Have, I Am, I Can"



### I Have

*Who or what helps you feel safe, supported,  
and valued?*

### Examples:

- I have my uncle who listens to me when I feel sad.
- I have my soccer team where I feel like I belong.
- I have my church community that fills me with hope.

### Your turn:

I have \_\_\_\_\_

I have \_\_\_\_\_

I have \_\_\_\_\_

# I Have Activity:

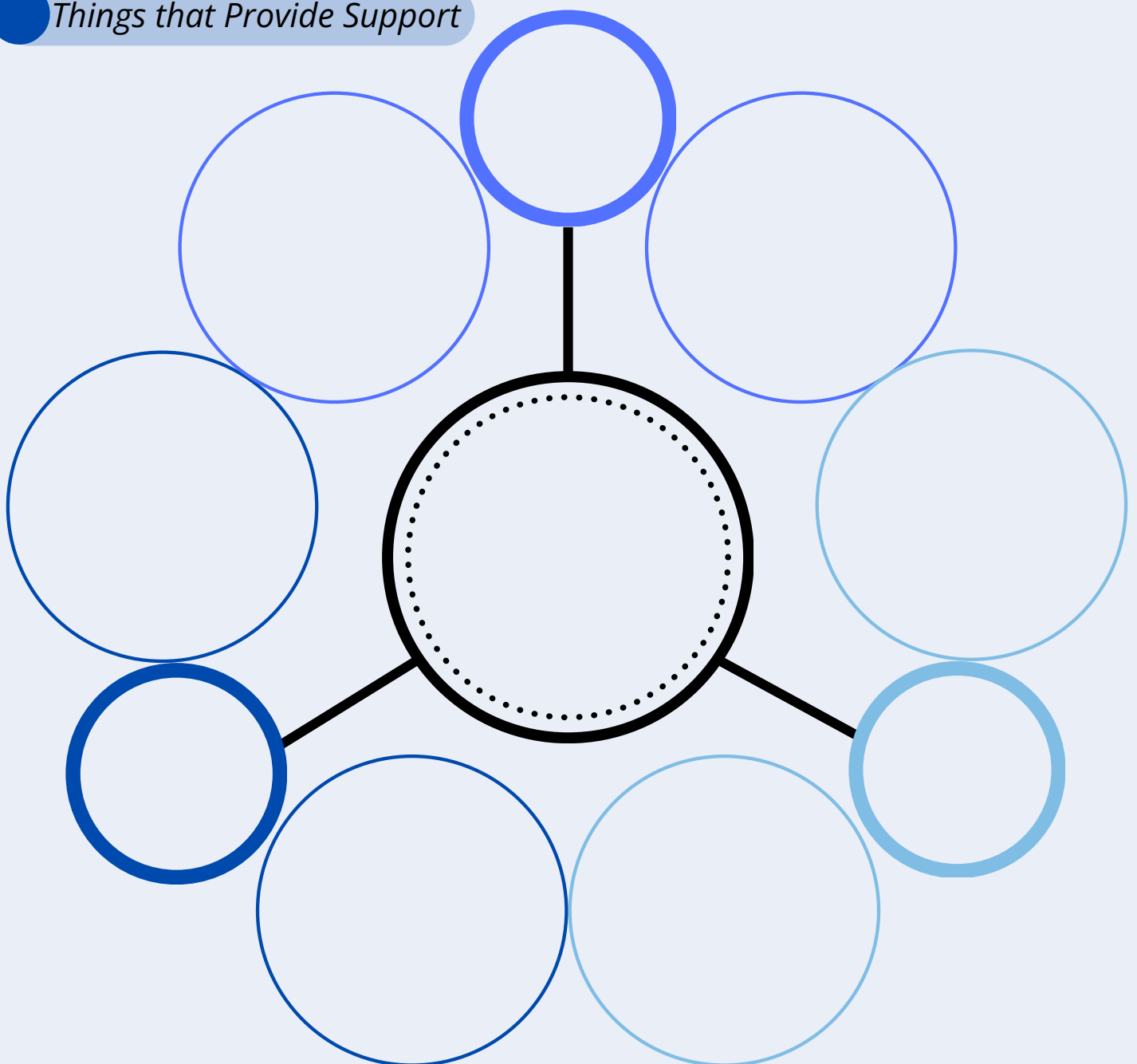


**Map Your Community of Support** — Draw yourself in the middle of a page, then draw or label people, places, and things around you that make you feel safe and supported.

*Places of Support*

*People who provide support*

*Things that Provide Support*



# Resilience Reflection Worksheet:

## "I Have, I Am, I Can"

### I Am

*What are some good things about you?*  
*What makes you special?*

### Examples:

- I am brave.
- I am a good friend.
- I am proud of my culture.

### Choose some words that describe you:

*Kind, Funny, Helpful, Smart, Creative, Strong, Friendly, Responsible*

Or write your own:

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

# I Am Activity:

**Positive Affirmation Jar or Cards** — Create a list of positive “I am” statements. Write each on a small card or slip of paper to keep in a jar, folder, or backpack. Pick one and read it whenever you’re having a tough day.



# Resilience Reflection Worksheet:

## "I Have, I Am, I Can"



### I Can

*What are you capable of doing when you're facing a tough time?*

#### Examples:

- I can ask for help when I need it.
- I can stay calm and take deep breaths.
- I can talk to a teacher if I have a problem.

#### Your turn:

I can \_\_\_\_\_

I can \_\_\_\_\_

I can \_\_\_\_\_

# I Can Activity:

**Coping Skills Brainstorm** — List or draw different coping tools you've used before (talking to a friend, drawing, playing music, etc.). Then, pick 1-2 you feel comfortable trying next time you feel upset or anxious.

**Option:** Pair this with the affirmations cards so you can add "I can" statements too.

1. Talking to a friend
2. Listening to music
3. Going for a walk
4. Drawing
5. Playing with my dog
6. Playing soccer