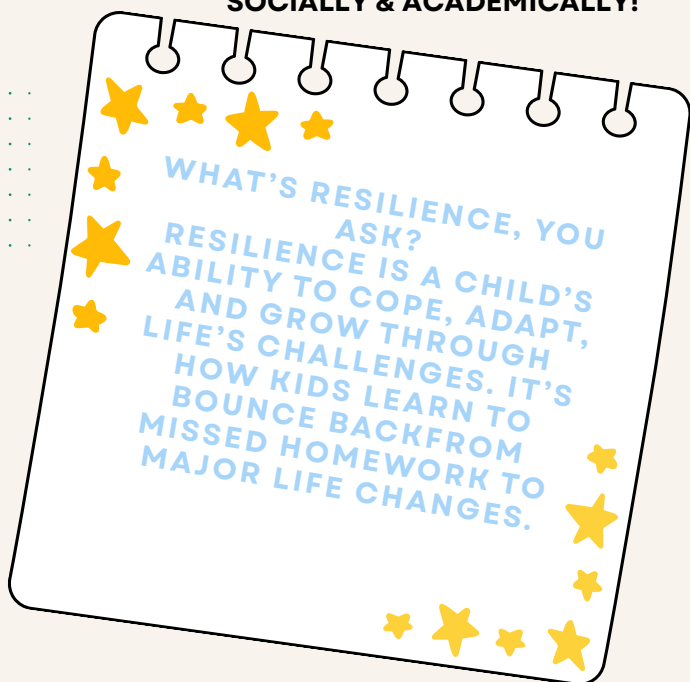


BACK TO School WITH RESILIENCE



THE NEW SCHOOL YEAR IS
HERE – AND IT’S THE PERFECT
TIME TO HELP STUDENTS
THRIVE EMOTIONALLY,
SOCIALY & ACADEMICALLY!



**WHEN SCHOOLS AND FAMILIES
BUILD RESILIENCE TOGETHER,
STUDENTS:**

- ★ BUILD STRONG RELATIONSHIPS
- ★ HANDLE STRESS BETTER
- ★ STAY FOCUSED AND MOTIVATED



5 WAYS TO BUILD RESILIENCE THIS SCHOOL YEAR:



★ **Teach Coping Skills**

Practice deep breathing, problem-solving, and naming feelings to manage tough moments.

★ **Connect Consistently**

Build strong, supportive relationships with children through daily check-ins and encouragement.

★ **Celebrate Effort, Not Just Outcomes**

Recognize persistence and progress, not just perfection.

★ **Create Routines**

Predictability helps children feel safe and ready to learn.

★ **Model Self-Care**

Let kids see you managing stress in healthy ways.

EVERY CHILD DESERVES TO FEEL SAFE, SEEN, AND SUPPORTED

**YOUR COMMUNITY. YOUR
KIDS. YOUR RESILIENCE.**

**WANT TO GET INVOLVED WITH
RESILIENT CHATTAHOOCHEE VALLEY?
VISIT: [RESILIENTCV.ORG](https://resilientcv.org) OR**

Contact: ijones@unitedcv.org



UNITED WAY
Chattahoochee Valley

