

Individual Student Resiliency Plan*

Student Name:	Team:
Plan Start Date:	Grade:
<i>Resiliency - the capacity to rise above difficult circumstances, allowing our children to exist in this less-than perfect world, while moving forward with the optimism and confidence.</i>	

Resiliency Protective Factors

Caring Relationships - Relationships that convey compassion, respect, empathy, interest and encouragement. Connecting with others.
Individual plan: Who: Timeline:
Meaningful Participation - Allowing young people to have a voice and speak up for what they need. Don't do <i>for</i> , do <i>with</i> them.
Individual plan: Who: Timeline:
High Expectations - Messages of high expectations convey a belief in the youth's abilities (may need to have support in place). Look for strengths. Provide clear limits and consequences (even with trauma impacted students).
Individual plan: Who: Timeline:
Mastery Experiences - Tap into their strengths and care about what they are good at.
Individual plan: Who: Timeline:
"Real Talk" - Take your conversation to a deeper level. Talk about what interests them, engage their opinions.
Individual plan: Who: Timeline:

Creative Expression- Tap into their talents with art, music, imagination, building things.

Individual plan:

Who:

Timeline:

Service to Others- Provide opportunities to help others out. Kids love to give back to the community.

Individual plan:

Who:

Timeline:

Culture Identity- Provide opportunities to learn about their own culture. Allow students to be seen, to be heard, to be empowered. Need to understand how they fit into this community.

Individual plan:

Who:

Timeline:

** Designed by Derrick Kunsman, Assistant Principal, and his staff at Chippewa Falls Middle School, 2016*