













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://www.buildresiliency.org).

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