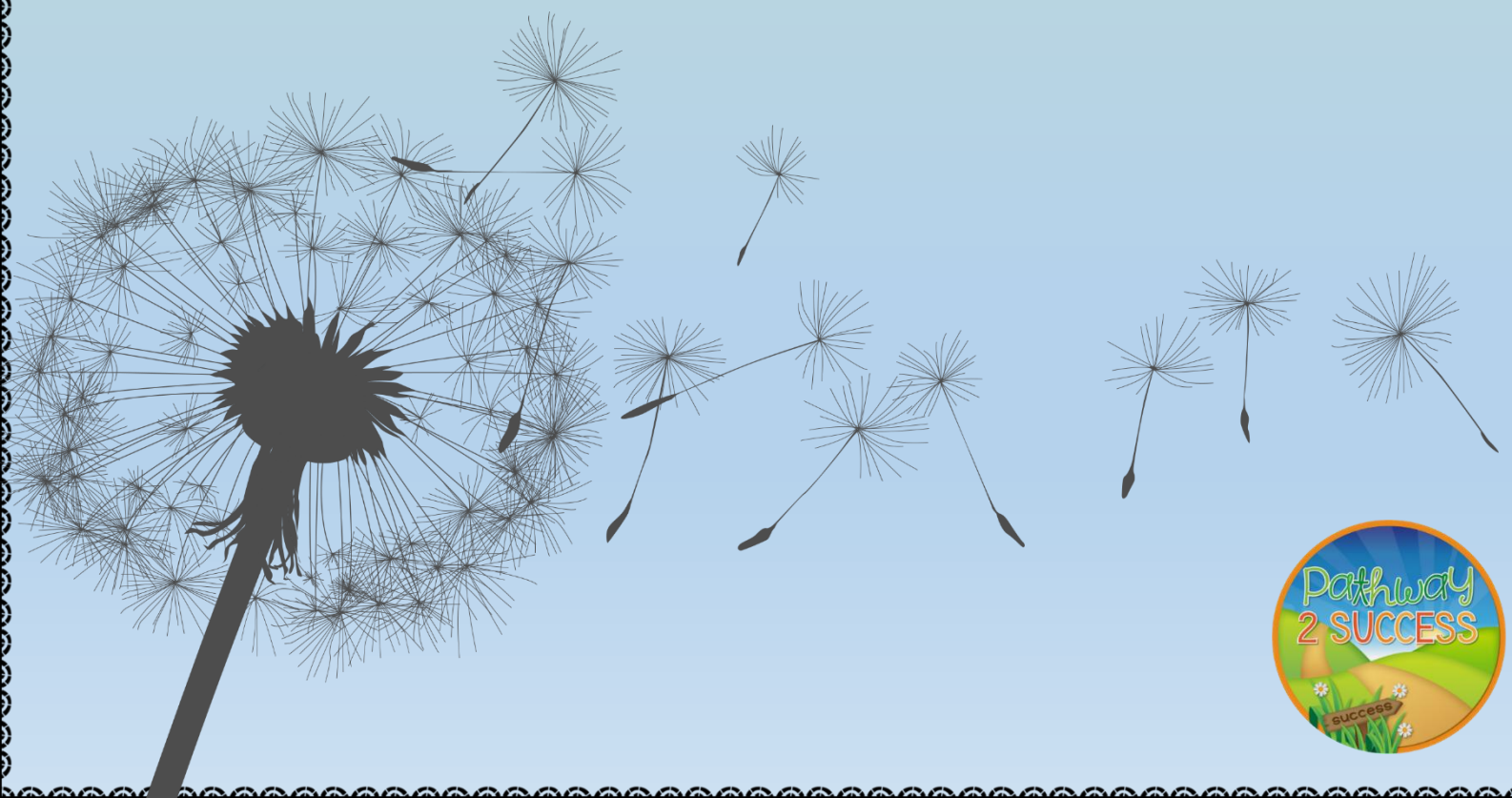


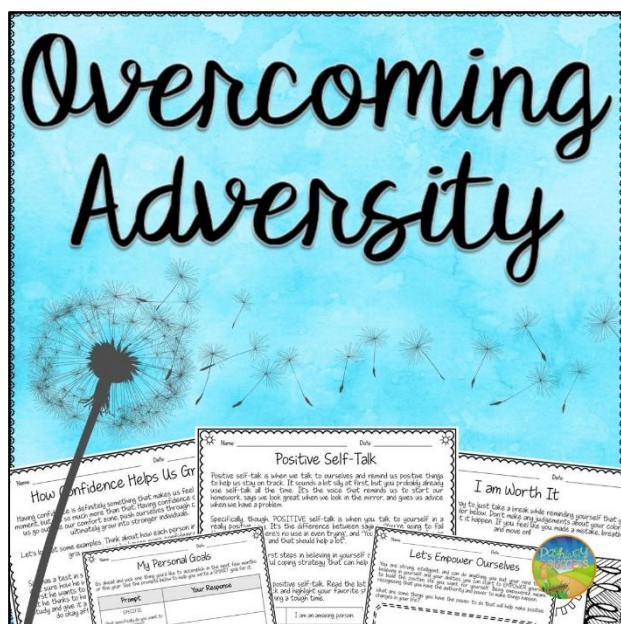
# Free Overcoming Adversity



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## Overcoming Adversity The Full Workbook



This [Overcoming Adversity Workbook](#) includes lessons, workbook pages, informational pages, strategies for educators and more. This is a critical resource for special educators, regular educators, and more to help kids overcome their struggles and challenges along the way. This resource helps kids and young adults build self-esteem, develop relationships with peers, and understand their own challenges so that they can empower themselves to make positive choices.



Name: \_\_\_\_\_

Date: \_\_\_\_\_



# What is Adversity?

Adversity includes the challenges, stress, and roadblocks that get in our way. Really, adversity is just part of life, since they are bound to happen at some point in your life. Some challenges might be smaller, while others might be serious and life-changing.

The ultimate goal to dealing with adversity is learning how to be resilient and bounce back from a challenge.



Sometimes adversity can be a specific event or struggle in your life, like having to move, dealing with a conflict with a friend, a parent's divorce, or any other big challenge. Adversity can also take place with other smaller setbacks, too. Sometimes this might include someone just turning you down or telling you that you can't accomplish something you had your heart set on.

These challenges can either defeat us or make us stronger. Of course, that's not as easy as it sounds! Dealing with adversity can cause an internal struggle and bring emotional pain. Still, there are ways to use that adversity to push yourself through.

So, what other types of adversities exist? Really, there are many! Brainstorm a list of other challenges that might get in the way of you achieving your goals. You can list challenges you've already experienced or just ones that come to mind.

A large rectangular area with a dashed border, intended for brainstorming a list of challenges.





Name: \_\_\_\_\_

Date: \_\_\_\_\_



# What Makes Me Unique

You are unique. Being unique helps us stand out in a crowd. Plus, let's face it - it would be so boring if we were all the same.

Given each category, identify one thing about you that is **UNIQUE** from others.

|                                     |  |
|-------------------------------------|--|
| My Personality                      |  |
| My Physical Appearance              |  |
| My Favorite Activities or Interests |  |
| My Choice in Fashion                |  |
| My Hopes for the Future             |  |
| Anything Else                       |  |



## Think About It

How can being unique be challenging? How can it be a benefit?





Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Becoming Resilient

One of the biggest indicators in successful kids and even adults is their ability to be resilient. Being resilient means being able to bounce back after challenges and set backs.

Some qualities that help to be resilient include:

**Having a positive attitude** - Starting with a positive frame of mind allows you to accomplish things. This includes having positive thoughts and pushing the negative ones away.

**Being optimistic** - This means seeing the bright side of things instead of focusing on the negative.

**Regulating emotions** - This includes being able to control our own emotions, even at times when we're sad, nervous, or angry. Being able to control those emotions helps us think more clearly and make better decisions.

**Having a growth mindset** - This means seeing difficult situations as challenges that help us grow and seeing failures as chances to learn something.

## THINK ABOUT IT

When was a time that you showed you were resilient?

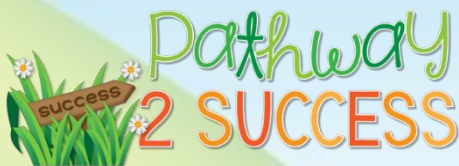


# About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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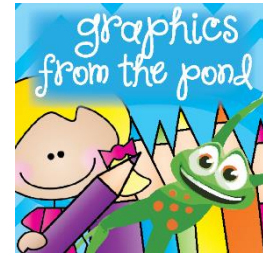
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