

Further Reading and Resources

Name Of resource and link (can be document video or site.)	How To Promote Resilience In Your Students https://youtu.be/Bb4whqVawdo
Name Of resource and link (can be document video or site.)	10 Ways to Build and Develop Resilience https://youtu.be/VNCL1glwyOI
Name Of resource and link (can be document video or site.)	Cultivating resilience https://open.spotify.com/show/1Mu92jf2loApXnpiWXH7r
Name Of resource and link (can be document video or site.)	10 tools for building self- confidence https://resilientblog.co/inspirational/10-tools-for-building-self-confidence/
Name Of resource and link (can be document video or site.)	Self-Esteem and Self-Criticism Worksheets & Exercises https://www.psychologytools.com/professional/problems/self-esteem-self-criticism/
Name Of resource and link (can be document video or site.)	23 Resilience Building Activities & Exercises for Adults https://positivepsychology.com/resilience-activities-exercises/
Name Of resource and link (can be document video or site.)	How to boost students self-confidence https://www.projectschoowellness.com/how-to-boost-students-self-confidence/