



# R is for...

Sesame Street

for Military Families

Transitions

1. Color in each word and read its definition.
2. Ask your parent about a time they felt one of these ways.
3. Now think about a time when that word described you, and tell your parent about it. What were you doing? How were you feeling at that time? What were you thinking?
4. Choose one of the words and draw a picture showing a time you felt that way.

resilient

If you are resilient, you can come back strong after facing a big problem. Nothing will get in your way from getting "back on your feet."

If you are resourceful, you can think of different ways to deal with things that are hard. You are creative with ways you can solve a problem.

resourceful

responsible

If you are responsible, you can take care of something or someone. You take good care of yourself and others. People trust you that you will do your job. People rely on you.

ready

If you are ready, you are prepared.

If you are reliable, others trust you. If you say you are going to do something, you really do it.

reliable