

My Lemonade Stand

EXAMPLES OF RESILIENCY

Most everyone has gone through hard times in their life. You may feel that you have had more than your fair share of bad things happen to you. When “*life hands you lemons, you make lemonade*” is more than just an expression. It is about resiliency and getting through those hard times. These coping skills and hope for the future can take the lemon bombs and turn them into something good in your life.

Here are some examples to get you started.

The Lemon (Bad Experience)	The Lemonade (How a person can take action to be stronger and build resiliency skills)
<i>I had really bad asthma and breathing problems when I was a kid. I was told I was lazy and wasn't able to keep up in sports.</i>	I am really picky about no smoking around my kids. I also take them to the doctor right away if they start having any chest colds.
<i>My dad used to call me fatty and tease me about my weight all the time.</i>	I tell my kids they are beautiful and make sure they have good food and get exercise.
<i>I was molested by a friend of our family when I was just a kid. I didn't feel like I could tell my parents. I didn't think they would believe me.</i>	I make sure that my kids know that no one has the right to touch them like that. I am careful that they aren't put in dangerous situations where this could happen to them.
<i>I hated school. I didn't get very good grades. I ended up dropping out.</i>	I don't want that for my kids. I enrolled my kids in preschool to give them a head start. I go to their school events and ask them about their homework.
<i>I always thought I was in the way when I was growing up. My parents didn't spend much time with me or seem very interested in me.</i>	I try to spend more time with my kids and ask them questions about what is going on in their life. When the weather is nice we go to the park and I play with them on the playground equipment.