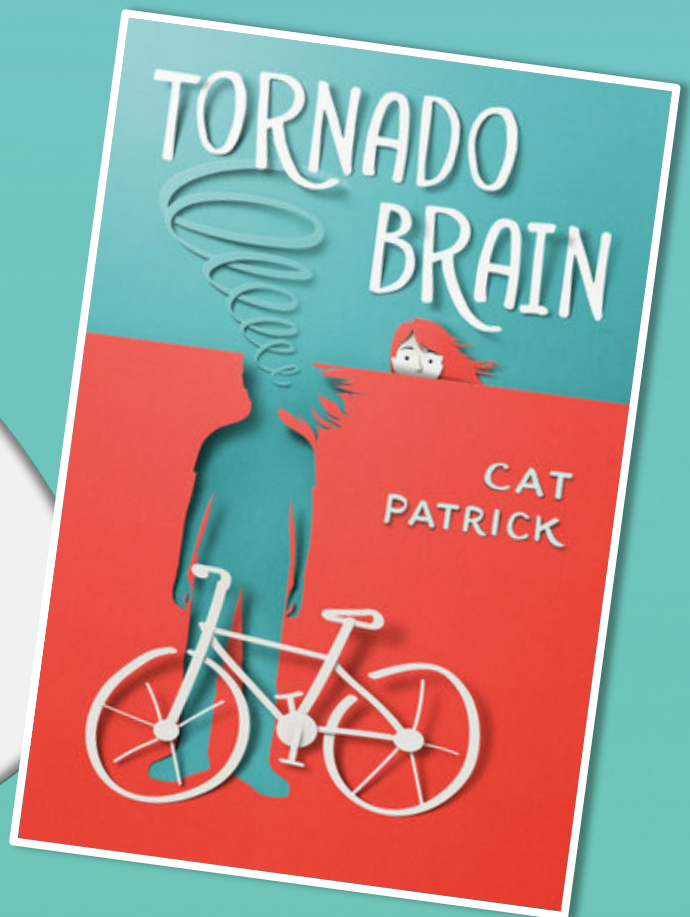
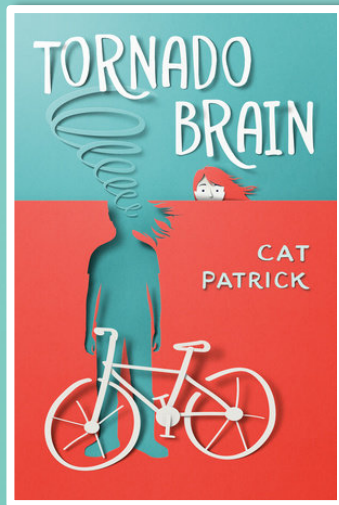


# TOOLS FOR BUILDING RESILIENCE

PRINTABLE ACTIVITIES  
INSPIRED BY CAT PATRICK'S NOVEL,  
**TORNADO BRAIN**



# ABOUT *TORNADO BRAIN*



In this heartfelt and powerfully affecting coming of age story, a neurodivergent 7th grader is determined to find her missing best friend before it's too late.

Things never seem to go as easily for thirteen-year-old Frankie as they do for her sister, Tess. Unlike Tess, Frankie is neurodivergent. In her case, that means she can't stand to be touched, loud noises bother her, she's easily distracted, she hates changes in her routine, and she has to go see a therapist while other kids get to hang out at the beach. It also means Frankie has trouble making friends. She did have one--Colette--but they're not friends anymore. It's complicated.

Then, just weeks before the end of seventh grade, Colette unexpectedly shows up at Frankie's door. The next morning, Colette vanishes. Now, after losing Colette yet again, Frankie's convinced that her former best friend left clues behind that only she can decipher, so she persuades her reluctant sister to help her unravel the mystery of Colette's disappearance before it's too late.

A powerful story of friendship, sisters, and forgiveness, *Tornado Brain* is an achingly honest portrait of a young girl trying to find space to be herself.

## MEET THE AUTHOR

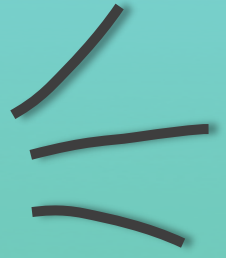
Cat Patrick and her family live near Seattle but spend as much time as possible four hours west setting marshmallows on fire and tangling kites in the curious town of Long Beach. There, *Tornado Brain* was born.

Cat is the author of several books for young adults including Summer 2011 Kids Indie Next List pick *Forgotten*, which sold in 23 countries; ALA 2013 Quick Picks for Reluctant Young Readers selection *Revived*; and others. *Tornado Brain* is her middle grade debut.

Find her online at [www.catpatrick.com](http://www.catpatrick.com).

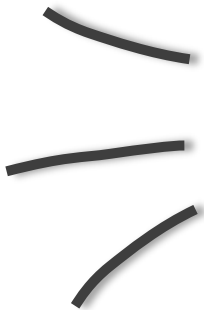


# FOR TEACHERS & PARENTS



USE THE PRINTABLES IN THIS RESOURCE TO ENCOURAGE YOUR 4<sup>TH</sup>-8<sup>TH</sup> GRADERS TO REFLECT ON THE KEY ELEMENTS OF RESILIENCE. THESE INCLUDE...

- SELF-CARE
- IDENTIFYING PERSONAL STRENGTHS
- DEVELOPING A GROWTH MINDSET
- BUILDING PROBLEM SOLVING SKILLS
- NURTURING CARING RELATIONSHIPS



***TORNADO BRAIN*** IS A

PERFECT SPRINGBOARD FOR  
CONVERSATIONS AND ACTIVITIES  
AROUND THESE TOPICS!

# WHAT IS RESILIENCE?

IN *TORNADO BRAIN*, THE MAIN CHARACTER, FRANKIE, DEMONSTRATES THE IMPORTANT SKILL OF RESILIENCE.

**RESILIENCE:** THE ABILITY TO WITHSTAND OR RECOVER FROM DIFFICULT CHALLENGES.



# WHAT'S SO GREAT ABOUT RESILIENCE?

RESILIENT PEOPLE CAN...

- DEAL WITH CHANGES AND UNEXPECTED EVENTS
- TURN MISTAKES AND FAILURES INTO LEARNING OPPORTUNITIES
- MANAGE STRESSFUL SITUATIONS AND STAY CALM UNDER PRESSURE
- MAINTAIN AN OPTIMISTIC OUTLOOK
- RECOGNIZE AND APPRECIATE THEIR PERSONAL STRENGTHS

RESILIENCE HELPS US THRIVE!

# TIPS FOR BUILDING THE SKILL OF RESILIENCE

IN *TORNADO BRAIN*, FRANKIE USES STRATEGIES LIKE THESE TO MANAGE HER CHALLENGES AND BUILD RESILIENCE...

## SELF-CARE

1. EAT HEALTHY FOOD TO AVOID GETTING "HANGRY."
2. EXERCISE.
3. WEAR COMFORTABLE CLOTHES.
4. SPEND TIME OUTDOORS.
5. GET PLENTY OF SLEEP.
6. STICK TO A ROUTINE WHEN YOU CAN.
7. WHEN THE ROUTINE GETS MESSED UP, TAKE A DEEP BREATH & CONSIDER NEW POSSIBILITIES.

## SELF-REFLECTION

1. NOTICE YOUR PERSONAL STRENGTHS & UNIQUENESS.
2. THINK ABOUT HOW TO USE YOUR STRENGTHS TO SOLVE PROBLEMS.
3. WHEN YOU MAKE A MISTAKE, NOTE WHAT WENT WRONG, & THINK ABOUT HOW IT COULD BE IMPROVED NEXT TIME.

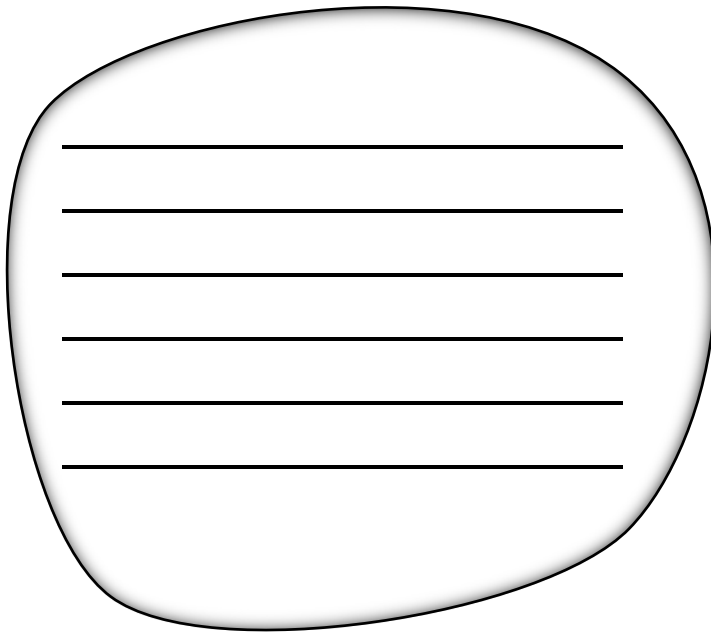
## BUILDING CARING RELATIONSHIPS

1. NOTICE & APPRECIATE THE PEOPLE WHO SUPPORT YOU.
2. FIND WAYS TO CONNECT WITH THE AWESOME PEOPLE IN YOUR LIFE.
3. REMEMBER WHY YOU ARE A GOOD FRIEND.
4. FIND WAYS TO HELP OTHERS WHENEVER YOU CAN.

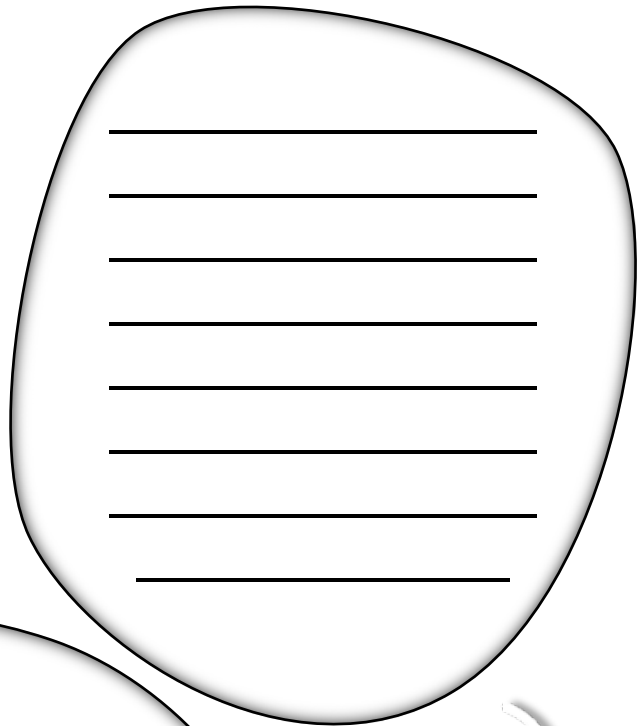


# YOUR FAVORITE STRATEGIES FOR PRACTICING RESILIENCE

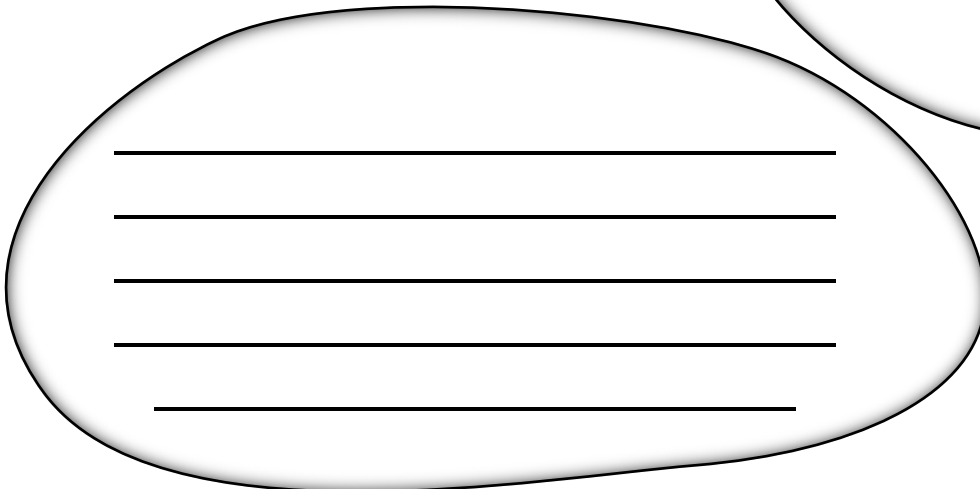
HOW DO YOU WEATHER LIFE'S LITTLE AND BIG CHALLENGES?  
DESCRIBE THE STRATEGIES THAT HELP YOU TO BE MORE RESILIENT.



A large, rounded, hand-drawn style bubble containing six horizontal lines for writing.



A large, rounded, hand-drawn style bubble containing eight horizontal lines for writing.



A large, rounded, hand-drawn style bubble containing five horizontal lines for writing.







OPEN YOUR MIND  
& IMAGINE NEW  
POSSIBILITIES

MARK A BOX EVERY TIME YOU TRY SOMETHING NEW!




# OPEN YOUR MIND & IMAGINE NEW POSSIBILITIES

CURRENT SITUATION:

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WHAT DO YOU LIKE MOST AND LEAST ABOUT THE  
CURRENT SITUATION?

MOST: \_\_\_\_\_

LEAST: \_\_\_\_\_

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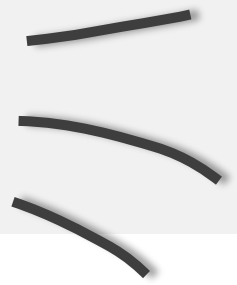
LIST 5 REALISTIC ACTIONS YOU COULD TAKE  
TO IMPROVE THE CURRENT SITUATION:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

BE PROUD OF  
YOUR AWESOME  
BRAIN!

MARK A BOX EVERY TIME YOU FEEL PROUD OF YOUR UNIQUE BRAIN!


# BE PROUD OF YOUR AWESOME BRAIN!



WHAT IS SPECIAL ABOUT YOUR BRAIN?

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WHAT DO YOU LOVE MOST AND LEAST ABOUT THE WAY  
YOUR BRAIN WORKS?

MOST: 

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LEAST: 

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LIST 5 WAYS YOUR UNIQUE AND AWESOME  
BRAIN CAN HELP THE WORLD...

1. 

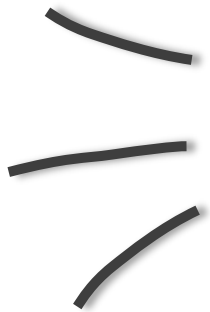
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2. 

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3. 

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4. 

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5. 

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MAKE SOME  
MISTAKES  
& LEARN  
*~~~~~*

MARK A BOX EVERY TIME YOU LEARN FROM A MISTAKE!

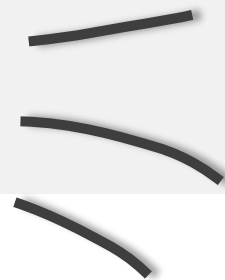



SOLVE A NEW  
PROBLEM



MARK A BOX EVERY TIME YOU SOLVE A PROBLEM!


# FIX A MISTAKE OR SOLVE A PROBLEM



MISTAKE OR PROBLEM:

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WHAT WOULD MAKE THE SITUATION BETTER?

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LIST 5 REALISTIC WAYS YOU COULD FIX,  
SOLVE, OR LEARN FROM THE MISTAKE OR  
PROBLEM:

1. 

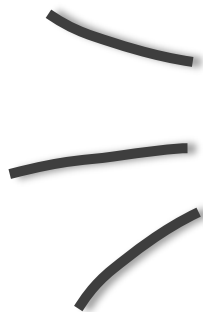
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2. 

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3. 

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4. 

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5. 

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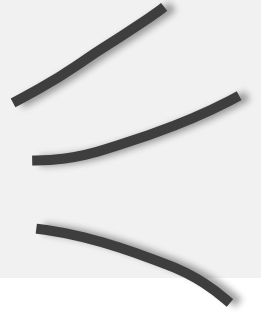
# BRIGHTEN SOMEBODY'S DAY



MARK A BOX EVERY TIME YOU HELP SOMEONE!




# BRIGHTEN SOMEBODY'S DAY!



THINK OF A PERSON WHO ALWAYS SUPPORTS YOU.  
HOW DOES THAT PERSON MAKE YOUR LIFE BETTER?

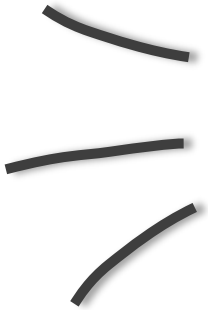
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BRAINSTORM SOME POSSIBLE WAYS YOU  
COULD BRIGHTEN THAT PERSON'S DAY:



1. 

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2. 

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3. 

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4. 

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5. 

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6. 

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7. 

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8. 

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9. 

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10. 

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PICK YOUR FAVORITE IDEA AND TRY IT!