

# I Am Resilient

(Featuring Joseph Pierog)

by Miss Julieann, MT-BC, NTP, NMT  
Lyrics, Chords and Intervention Ideas

## ABOUT THE SONG:

This feel good song helps children understand the concept of coping skills and resilience. Resilience is a huge abstract concept for kids to understand, but ultimately, it's about recovery and the tools we choose to use to recover from stress, challenge or failure. A resilient child is going to fail. What makes them resilient is their ability to recover from that failure.

Coping skills are a huge theme in this song, and coping skills play a major role in our ability to be resilient. Everyone will use a coping skill to recover from stress and trauma, however, some coping skills are maladaptive, meaning they make us less resilient over time, while others promote health and stronger neurological systems. When I perform this song live, I like to talk about healthy coping skills (like movement, connection, breathing etc) vs. unhealthy coping skills (violence, numbing substances). I then have the kids tell me about their coping skills so we can sing them in the song.

## HOW TO USE IT:

1. Conversation starter: use this song to start talking about resilience, coping skills and the tools we have in our toolbox to help us make it through different challenges. Some questions to get you started are:
  - what are some coping skills that help you overcome a challenge (or calm down)?
  - was there a time you were feeling frustrated/sad/mad etc, and used a coping skill to calm down?
  - what is a challenge (or big goal) you are currently working on?
  - has there ever been a time where you wanted to give up on something? Did you use a coping skill?
2. Song rewriting- rewrite the words of the song to better reflect challenges the child is currently facing
3. My Resilience Toolbox worksheet- help kids visualize the coping skills "tools" that they have to help them overcome challenges with this worksheet (or make your own version!)



# I AM RESILIENT

36 ≧ MISS JULIEANN ≦

# My Resilience Toolbox

by \_\_\_\_\_

In the toolbox, I have lots of tools that can help me work through a challenge. These are my coping skills. Draw your coping skill tools below:



↑  
DRAW YOUR  
COPING SKILLS  
HERE

I can use the following tools when I am working through a challenge:

Tool 1: \_\_\_\_\_

Tool 2: \_\_\_\_\_

Tool 3: \_\_\_\_\_

Tool 4: \_\_\_\_\_

Tool 5: \_\_\_\_\_

# I Am Resilient

(Featuring Joseph Pierog)

by Miss Julieann, MT-BC, NTP, NMT

## LYRICS

I am resilient. I am strong.  
You can knock me down, but I'll just carry on.  
I am resilient, I am strong.  
And nobody can stop me from singing my song.

So stand up, stand tall,  
Hold your head up high through it all,  
When it's not, going your way,  
Use your coping skills to brighten up your day.  
Hey!

Hey, hey!

Hey, Julieann, (hey Joey!), what are coping skills?  
That's a great question.  
They're good things that help us calm down,  
Like reading a book, or laying on the ground.  
Ok, well, can I sing a song?  
Absolutely!  
Maybe get a hug?  
Yes, that's a great idea.  
Can I eat all the ice cream,  
That the world has on it today?!  
Woah, woah, Joey wait. Your coping skill is to eat all  
the ice cream on the whole planet?  
Yeah, that's my coping skill.  
We can work with that.

I am resilient. I am strong.  
You can knock me down, but I'll just carry on.  
I am resilient, I am strong.  
And nobody can stop me from singing my song.

I may lose, and I may fail.  
But when I use my coping skills, my wounds will heal.  
I may lose, and I may fail.  
But I'm strong, and my wounds will heal.

I am resilient. I am strong.  
You can knock me down, but I'll just carry on.  
I am resilient, I am strong.  
And nobody can stop me from singing my song.

So stand up, stand tall,  
Hold your head up high through it all,  
When it's not, going your way,  
Use your coping skills to brighten up your day.

Hey!

Lyric rewrite:

I am \_\_\_\_\_

I am \_\_\_\_\_,

you can \_\_\_\_\_,

but I'll just \_\_\_\_\_.

I am \_\_\_\_\_,

I am \_\_\_\_\_,

and nobody can stop me from  
\_\_\_\_\_.

I Am Resilient  
by Miss Julieann (featuring Joseph Pierog)  
(key of D)

D A  
I am resilient. I am strong.  
Bm G  
You can knock me down, but I'll just carry on.  
D A  
I am resilient, I am strong.  
Bm G  
And nobody can stop me from singing my song.  
D A  
So stand up, stand tall,  
Bm G  
hold your head up high through it all,  
D A  
When it's not, going your way,  
Bm G  
Use your coping skills to brighten up your day.

Hey!  
D A Bm G  
Hey,  
D A Bm G  
Hey!

E G D G D  
Hey, Julieann, (hey Joey!), what are coping skills?  
(That's a great question.)  
E G  
They're good things that help us calm down,  
E G D G D  
Like reading a book, or laying on the ground.  
E  
Ok, well, can I sing a song? (Absolutely!)  
G D G D  
Maybe get a hug? (Yes, that's a great idea)  
E  
Can I eat all the ice cream,  
G D C G G7  
That the world has on it today?!

Spoken:  
Woah, woah, Joey wait. Your coping skill is to eat all  
the ice cream on the whole planet?  
Yeah, that's my coping skill.  
We can work with that.

D A  
I am resilient. I am strong.  
Bm G  
You can knock me down, but I'll just carry on.  
D A  
I am resilient, I am strong.  
Bm G  
And nobody can stop me from singing my song.  
Em A D G  
I may lose, and I may fail.  
Em A D G  
But when I use my coping skills, my wounds will heal.  
Em A D G  
I may lose, and I may fail.  
G A D  
But I'm strong, and my wounds will heal.

D A  
I am resilient. I am strong.  
Bm G  
You can knock me down, but I'll just carry on.  
D A  
I am resilient, I am strong.  
Bm G A  
And nobody can stop me from singing my song.

Optional key change to E:  
E B  
So stand up, stand tall,  
C#m A  
hold your head up high through it all,  
E B  
When it's not, going your way,  
C#m A  
Use your coping skills to brighten up your day.  
E  
Hey!