



Resilience -KIT-

 Big Life Journal

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GROWTH MINDSET

printables

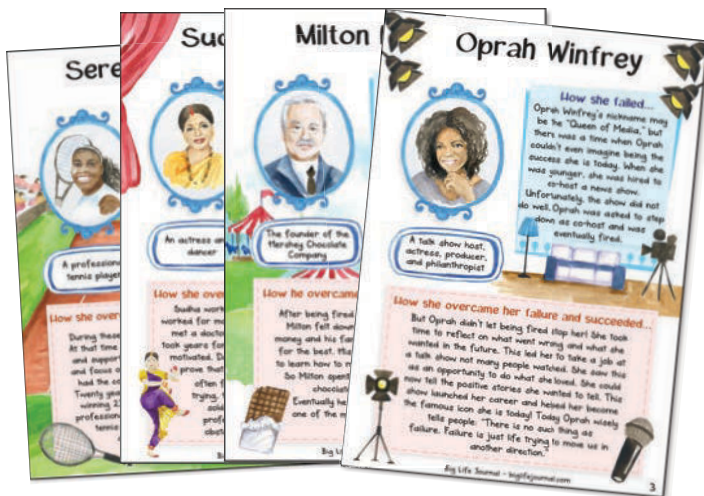
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CHALLENGES KIT

These printable challenges provide fun activities which help children develop growth mindset, cultivate an attitude of gratitude, and improve their self-esteem. This kit includes 5-Day **Growth Mindset** Challenge, 7-Day **Gratitude** Challenge, and 7-Day **Positivity** Challenge. It is 27 pages of printable worksheets, puzzles, and writing activities.

[Click here to learn more.](#)



FAMOUS FAILURES

These stories are designed to help kids overcome the fear of failure. They teach about the importance of effort and perseverance.

Includes 10 stories about famous people from around the world who have failed on their way to success.

[Click here to learn more.](#)



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Worksheets & Activities for Children

Resilience is My Superpower.....7

This printable poster is an effective daily reminder for your kids of their incredible power to stay resilient. Ask them to fill in the last three affirmations to make it more personal.

Take Chances Keep Going.....8

This printable focuses on helping children stay motivated as they put effort into their tasks.

When they keep going and don't give up, they will see great results of their work. Suggested uses:

- Print enough copies to complete the drawings together. As you're drawing, talk about times when your children didn't give up on something difficult.
- Have children complete the drawings as they're listening to the Big Life Journal growth mindset playlist on Spotify.

5 Reasons Why Failure Is Important (two pages).....9-10

This poster is designed to show that failure is a stage of learning, to be embraced rather than feared. Our brains grow and develop in important ways whenever failure occurs. When kids understand this concept, amazing things can happen for them.

The Stairway to Success (three pages).....11-13

This printable demonstrates what it takes to achieve success -- staying resilient in the face of challenges. Have your children do some research on their sports role models. They will learn how much work and effort went into each athlete's success.

In or Out of My Control.....14

You can prepare your child to face inevitable negativity (especially, online) by explaining that there are things they CAN'T control, such as opinions, behaviors, and words of others. All they can do is focus on things they CAN control.

My Strategies to Feel Calm.....15

Emotional regulation is a crucial skill for children to learn. When they experience "big feelings" due to facing mistakes and failure, we want them to learn how to move through these emotions in a positive way. Whenever they need a calming activity, refer to the poster for quick, effective ideas.



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Worksheets & Activities for Children, cont.

My Great Grit Interview.....16

This printable is designed to help encourage grit and resilience. Encourage your child or students to interview grandparents, neighbors, or other acquaintances who have worked hard toward a long-term goal. These interviews will teach them how to live life with grit, in addition to the benefits that come with passion and perseverance.

My Reading Bingo.....17

This printable helps to practice goal-setting and goal-tracking. Kids are asked to set a deadline to accomplish this bingo. Encourage them to follow through on this date and treat it as a commitment.

Affirmation Bracelets (two pages).....18-19

Use these colorful hand-lettered affirmations to create affirmation bracelets, bookmarks, a poster or a paper garland.

Inspiring quotes (three pages).....20-22

Hang these beautiful, hand-lettered quotes around the house or your classroom to inspire children to keep going and not give up.

Affirmation Lunchbox Notes (two pages).....23-25

Use this printable to create lunch box notes with empowering messages. For older kids, snap a photo of a note and send them via text! You can also use the notes to assemble an affirmations poster and put it up in your kid's room.

Coloring Sheets (four pages).....26-29

A fun way to continue your discussion on resilience is by using these coloring sheets. You can complete them at home as you listen to your favorite podcast episodes. In class, your students can do them as part of their downtime activity.

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Guides for Parents & Teachers

Calming Strategies for Caregivers.....30

When difficult moments arise we, as caregivers, need a plan to pause and regain calm (and model this response to our kids). Place this simple and elegant poster somewhere you can easily see it.

Top 30 Children's Books on Resilience.....31

Bring this list with you on your next trip to the library or bookstore. Ask your children to pick one they would like to read next.

50 Positive Phrases to Build Resilience in Kids.....32

The daily encouragements make a big difference in kids' confidence levels.

Suggested uses:

- Hang this printable in a visible place where you can see it often. Choose 1-3 new phrases to say each day.
- Pick a few statements, write them on small pieces of paper and put them in your children's lunch boxes, on their bed, desk, or at their place on the dinner table.

9 Activities to Build Grit and Resilience in Kids.....33

If your children or students are quick to give up, try the following activities to help them develop their inner steadfastness. To learn more, read the article [here](#).

7 Ways to Teach Kids Failure is a Great Thing.....34

Failure is a stage of learning, to be embraced rather than feared. With a growth mindset, kids can learn how to fail forward and greatly benefit from their experiences.

7 New (and Fun) Ways to do Affirmations.....35

Affirmations is a powerful tool to help kids build resilience, improve their wellbeing, and boost their self-esteem.

5 Ways to Foster a Healthy Competitive Mindset in Young Athletes.....36

Sports provide kids with many opportunities for growth and mastery. But all too often, competitive events are approached with a FIXED mindset. Here are 5 effective ways to create a healthy competitive mindset and ensure they keep trying (and having fun!), regardless of the final score. To learn more, read the article [here](#).

RESILIENCE IS MY SUPERPOWER!



- ★ I keep going even when it's hard.
- ★ I get better with practice.
- ★ I believe I can do hard things.
- ★ I keep calm when I make a mistake.
- ★ I keep trying until I get it.
- ★ Challenges make me stronger.
- ★ I ask for help when I need it.







TAKE CHANCES KEEP GOING

Name _____

Fox and Raccoon started a bunch of drawings and gave up. Complete the drawings below to show how their work could have been something amazing if they kept going!



5 REASONS Why FAILURE IS IMPORTANT



- 1 FAILURE MAKES YOU STRONG AND RESILIENT.
- 2 FAILURE HELPS YOU LEARN WHAT DOESN'T WORK.
- 3 FAILURE BUILDS YOUR CHARACTER.
- 4 FAILURE HELPS YOU DEVELOP PROBLEM-SOLVING SKILLS.
- 5 EVERY FAILURE IS A STEPPING STONE TO SUCCESS.

5 REASONS Why FAILURE IS IMPORTANT



1

FAILURE MAKES YOU STRONG AND RESILIENT.

2

FAILURE HELPS YOU LEARN WHAT DOESN'T WORK.

3

FAILURE BUILDS YOUR CHARACTER.

4

FAILURE HELPS YOU DEVELOP PROBLEM-SOLVING SKILLS.

5

EVERY FAILURE IS A STEPPING STONE TO SUCCESS.

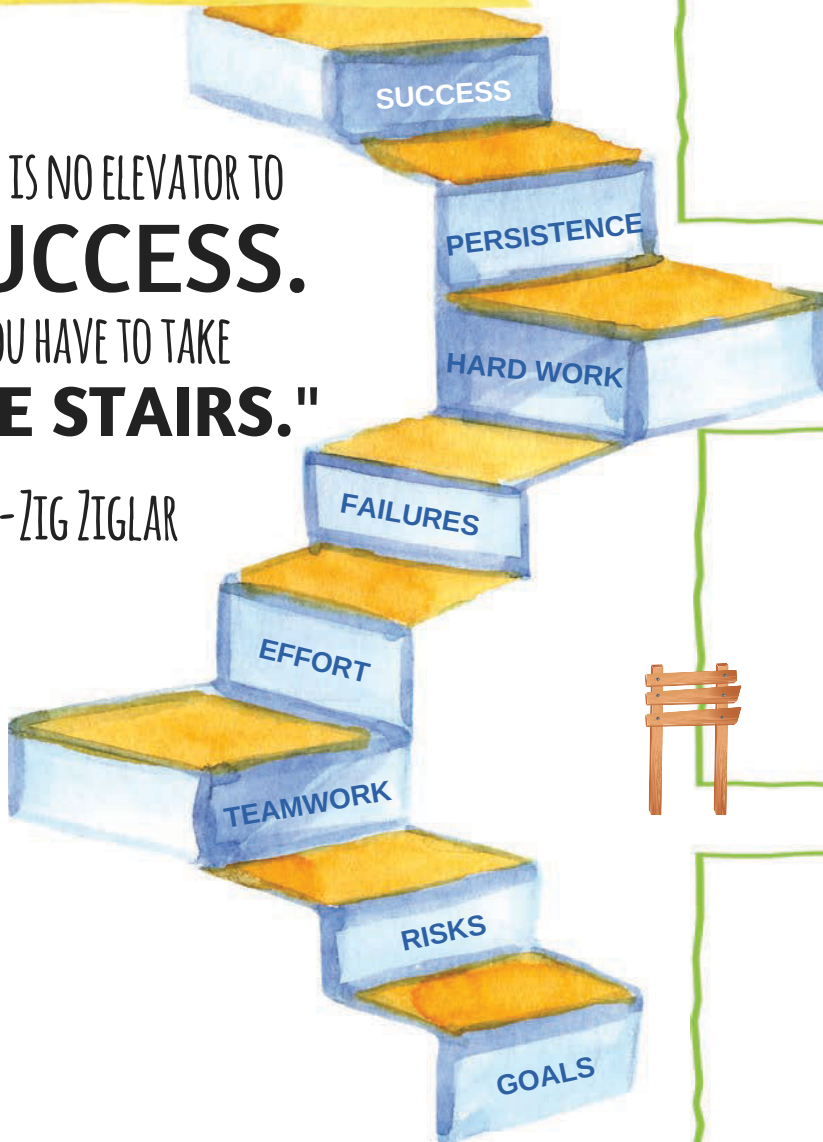
THE STAIRWAY TO SUCCESS



Simone Biles

"THERE IS NO ELEVATOR TO
SUCCESS.
YOU HAVE TO TAKE
THE STAIRS."

-ZIG ZIGLAR



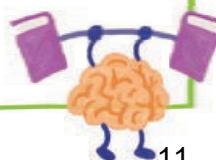
MY INSPIRING QUOTE

I AM FAMOUS FOR...



AN OBSTACLE I Faced

HOW I OVERCAME THE OBSTACLE



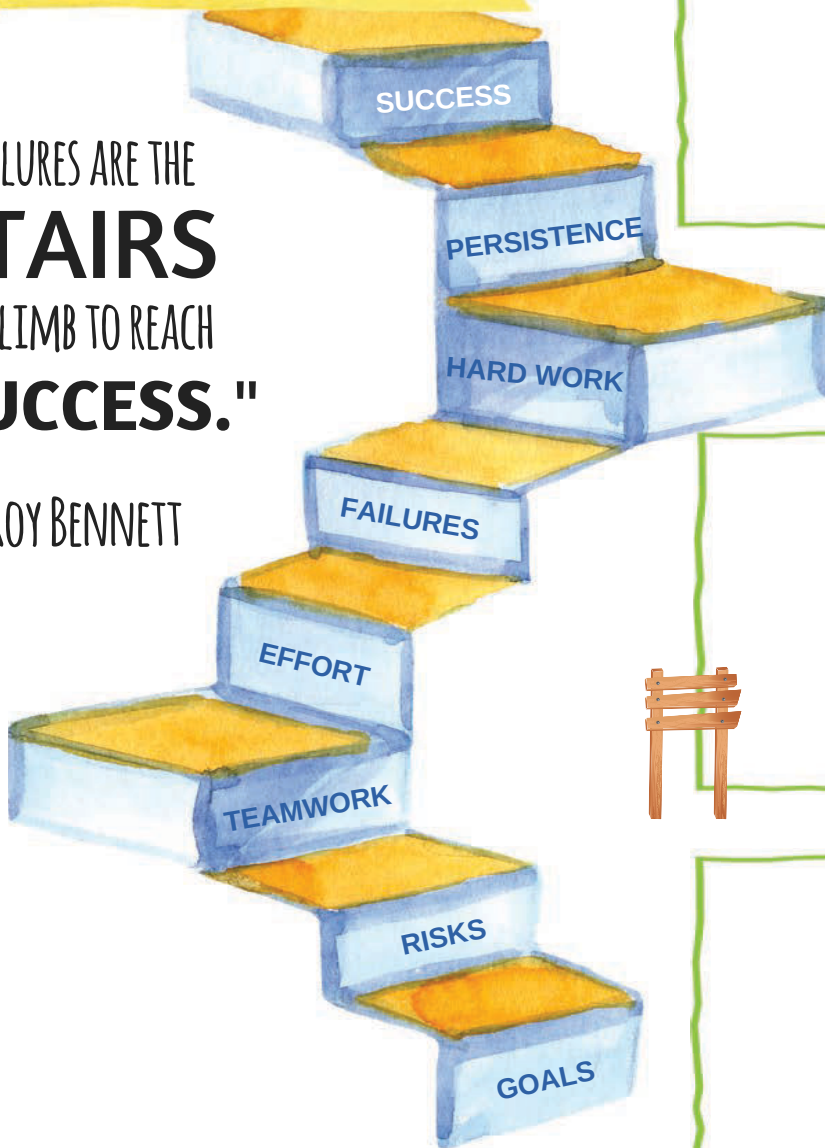
THE STAIRWAY TO SUCCESS



Usain Bolt

"FAILURES ARE THE
STAIRS
WE CLIMB TO REACH
SUCCESS."

- ROY BENNETT



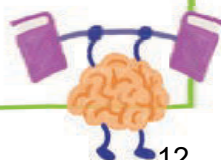
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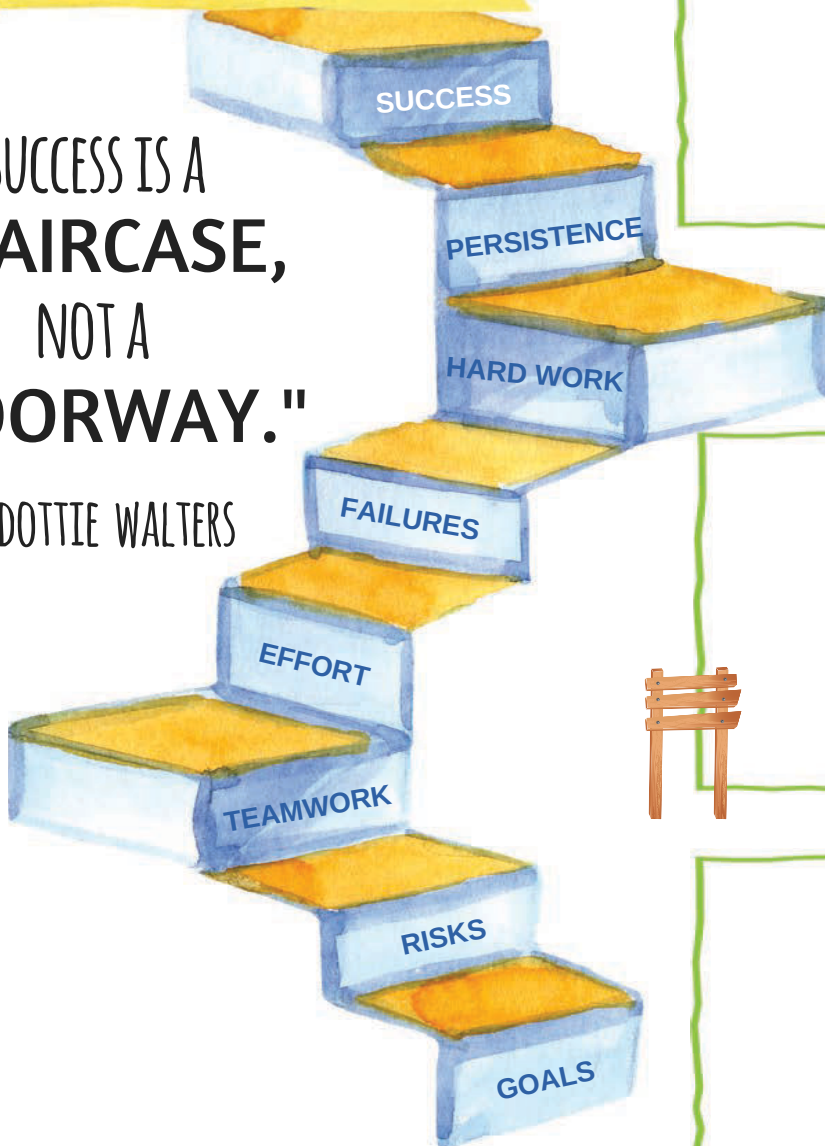


THE STAIRWAY TO SUCCESS



"SUCCESS IS A
STAIRCASE,
NOT A
DOORWAY."

-DOTTIE WALTERS

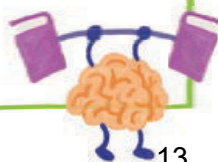


MY INSPIRING QUOTE

I AM FAMOUS FOR...

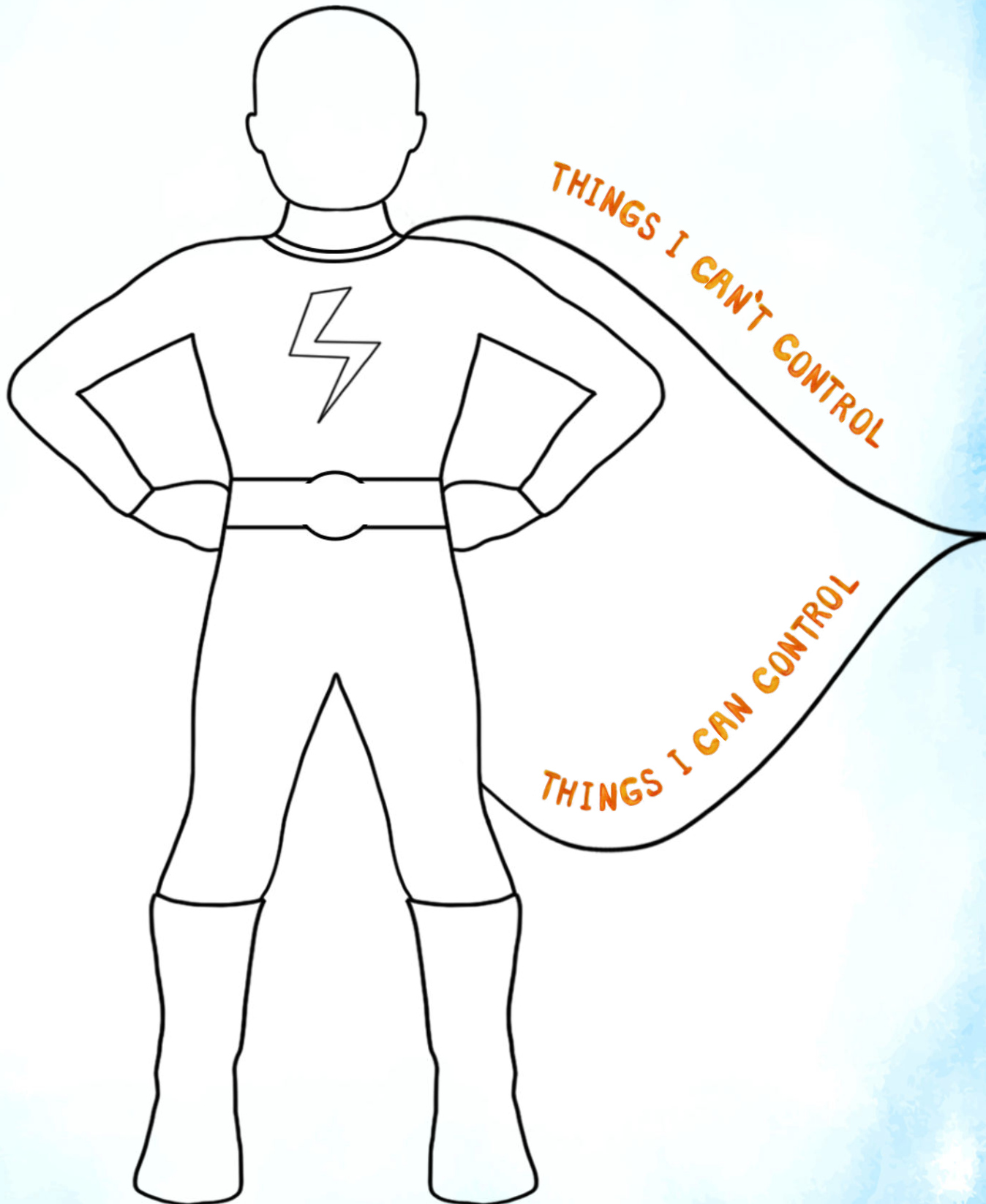
AN OBSTACLE I FACED

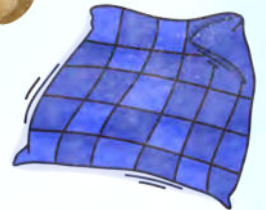
HOW I OVERCAME THE OBSTACLE



IN OR OUT OF MY CONTROL?

Write things you CAN control (such as your effort or attitude) inside your character. Write things you CAN'T control (such as other people's feelings or the weather) outside your character.

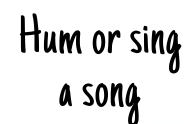




When I feel upset, worried or disappointed I can



Look at my glitter jar



MY GREAT GRIT INTERVIEW

Learning from others can be very inspiring! Choose a person you know and ask if you can interview him/her about how they achieved their biggest goal.

My name _____ The person I am interviewing is . _____

MY INTERVIEW QUESTIONS

- What is the biggest goal you've set that you were able to achieve?
- What did you have to do to accomplish that goal?
- Did you ever think of giving up? If so, how did you overcome that thought?
- How did you feel when you accomplished that goal?

MY SPACE FOR DRAWING

Draw the person you're interviewing below.



My Reading Bingo

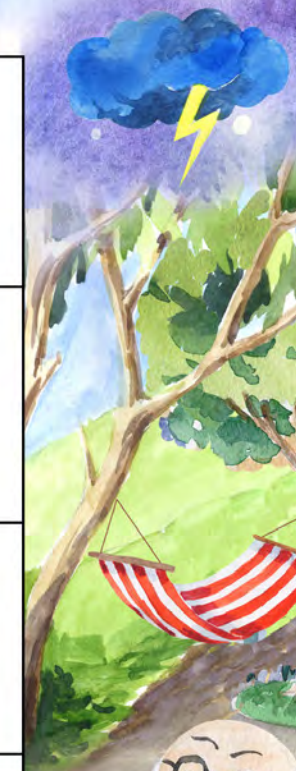
My name _____

I will complete this bingo by (end date) _____

The goal is to complete TWO rows of squares (vertical, horizontal, or diagonal) by the end date.

Color in the square once you completed it!

Read outside on a park bench	Read in a dark with a flashlight	Build a fort and read in it	Read an adventure story	Read during a thunderstorm
Read a book with a red cover	Read in a coffee shop	Read a magazine	Read a verse of poetry	Read aloud to someone in a silly monster voice
Read on a train or a plane	Read a biography	Read a story about an athlete	Read to someone on the phone	Read in a hammock
Read a story then act it out	Read an article in a local newspaper	Record yourself reading aloud and listen back to it	Read a story and draw your favorite moment from it	Read in the library
Read a story about a chef	Read each word in a robotic voice	Read a book that was made into a movie	Read a book with a green cover	Read a story about a scientist



AFFIRMATION BRACELETS

Print out the pages and cut out the strips to make fun bracelets. Wear a different bracelet each day. Make more to gift others!

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 I BELIEVE  IN MY DREAMS 

I learn FROM my mistakes 

I reach my GOALS 

  I am Resilient   

 I choose my attitude 

 I am ENOUGH, I am ME! 

Today I am a LEADER 

My ideas are UNIQUE 

I am Strong



I can do HARD things



I am COURAGEOUS



My ideas are UNIQUE



I reach for the Stars



I BELIEVE IN mySelf



I can make good choices



I always do my best



I am HELPFUL

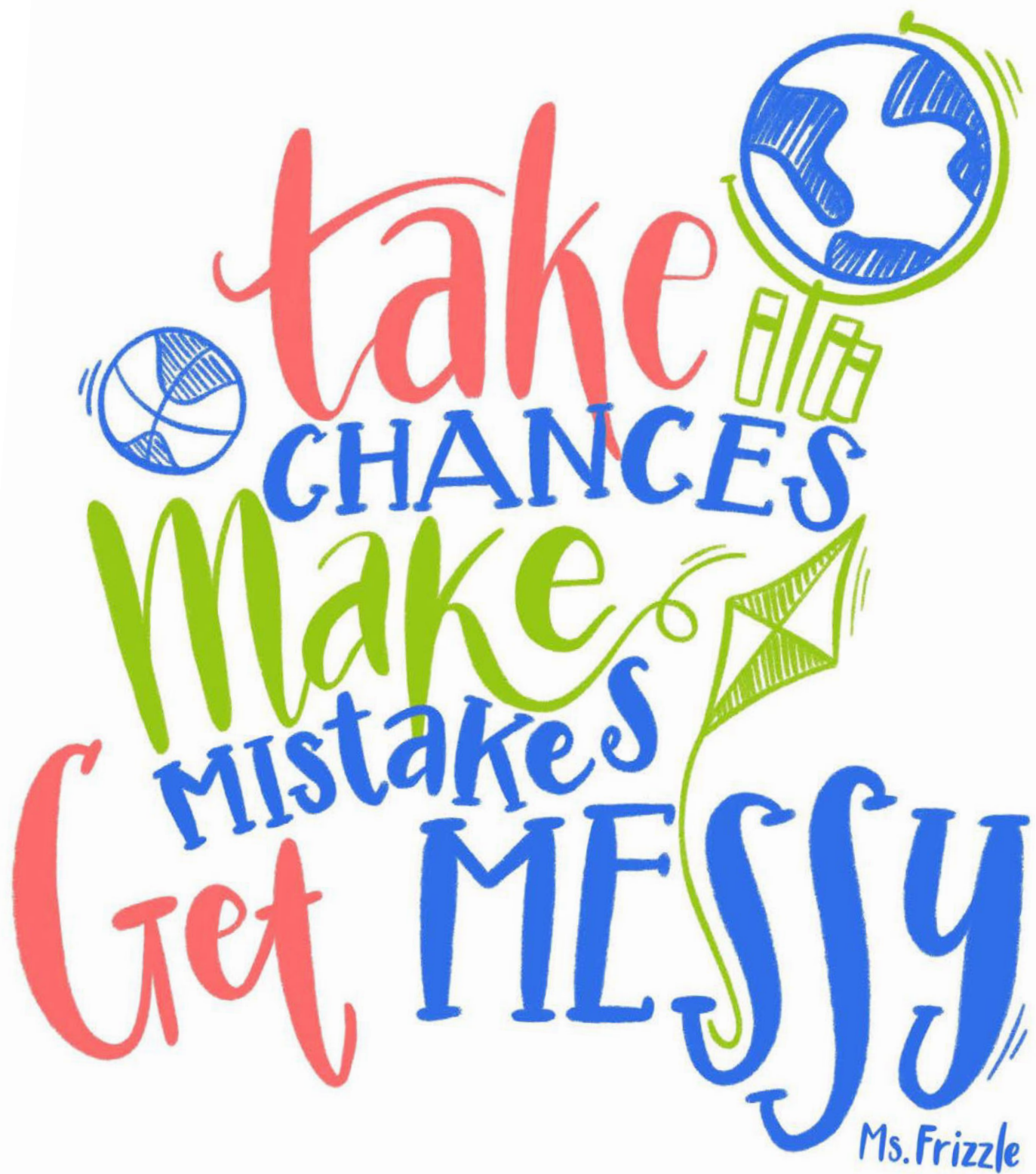


I am LOVED



「COURAGE doesn't
ALWAYS ROAR.
SOMETIMES COURAGE
is the LITTLE
VOICE
at THE END of THE DAY
THAT SAYS
I'LL TRY AGAIN
TOMORROW

- MARY ANNE RADMACHER -



[FAIL]

First.

Attempt

IN

Learning

YOU KEEP
going until
you're
PROUD

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NO MATTER
the MOUNTAIN,
"YOU CAN"
CLIMB it

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"CHALLENGES"
make you
STRONGER

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"YOU"
-ARE-
UNSTOPPABLE

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you
FOLLOW
your
Dreams

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YOU CAN
CHOOSE
to have a
GREAT
DAY

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YOU
are
RESILIENT

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YOUR
MISTAKES
are
"CHANCES"
TO LEARN

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I BELIEVE
IN
YOU

Big Life Journal
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YOU CAN
CHOOSE
to have a
GREAT
DAY

CHALLENGES,
make you
STRONGER

YOUR
MISTAKES
are
CHANCES
TO LEARN

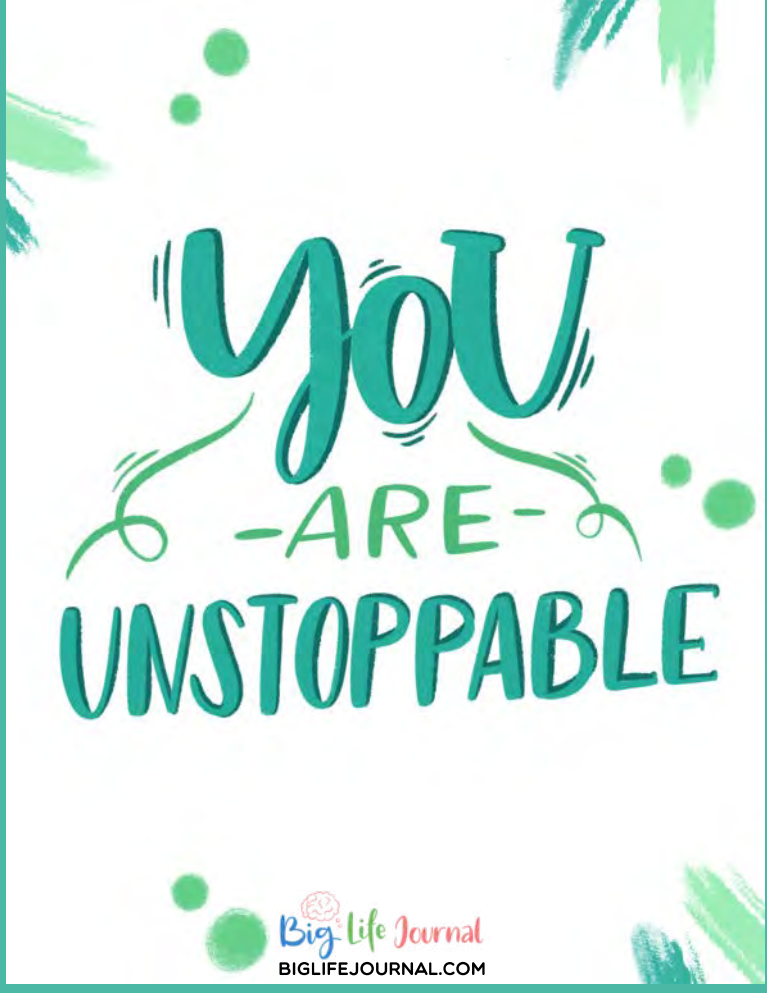
YOU
are
RESILIENT



NO MATTER
the MOUNTAIN,
"YOU CAN"
CLIMB it



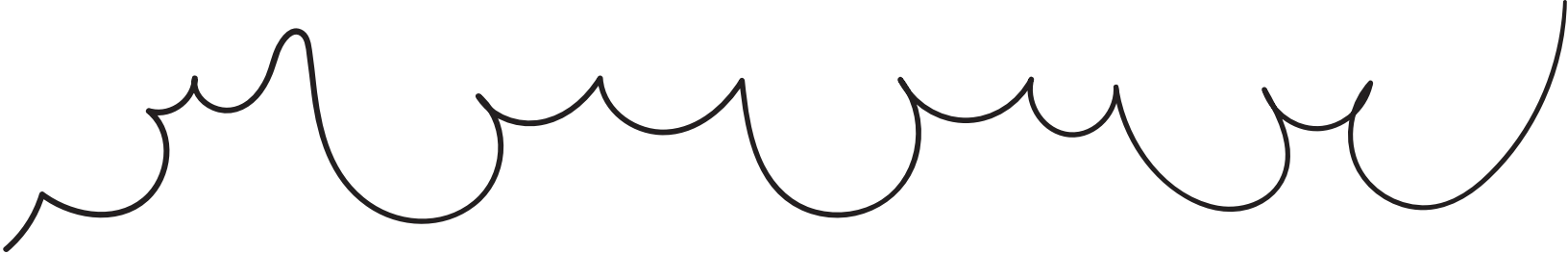
YOU KEEP
going until
you're
PROUD



"YOU"
-ARE-
UNSTOPPABLE



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FOLLOW
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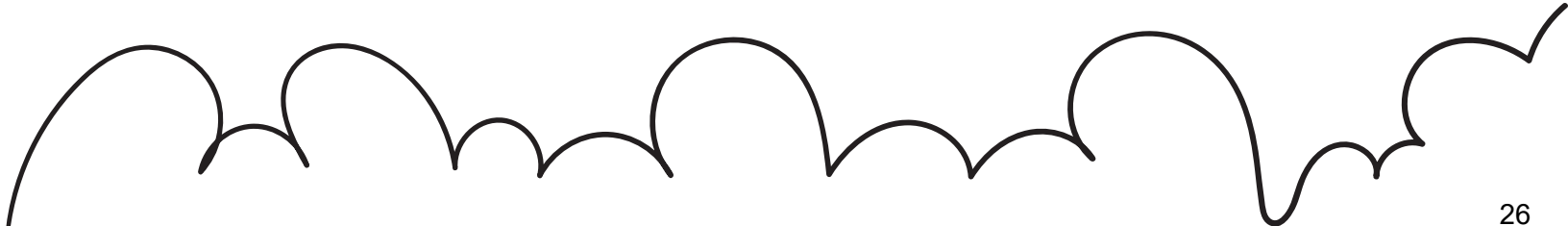


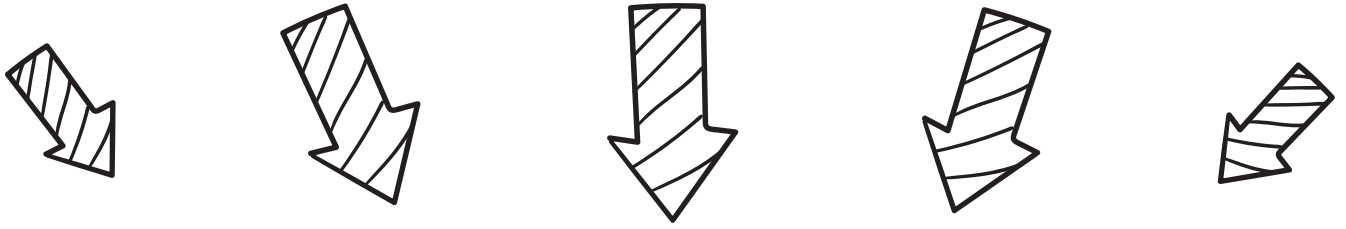
I CAN DO

HARD



THINGS

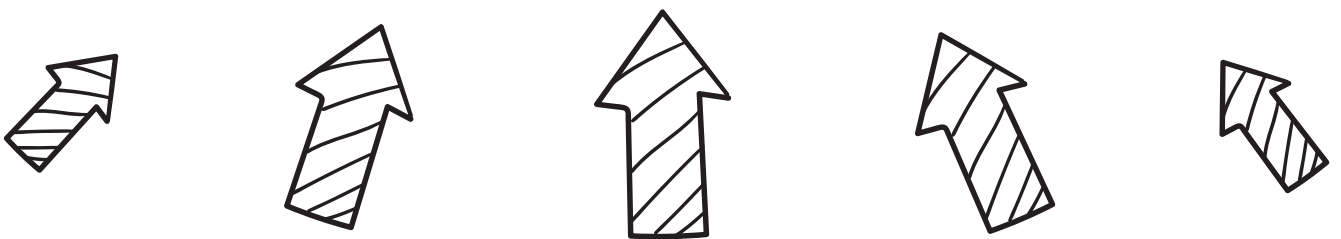




CHALLENGES

MAKE ME

STRONGER



Fall
seven
times,
stand up
eight.

The text is decorated with various star shapes and swirls. The word 'Fall' has stars above and to the right. 'seven' has a large swirl to the left. 'times,' has stars to the right. 'stand up' has a star to the left. 'eight.' has a star to the left and a star to the right.

I CAN

AND

I WILL

SAY AFFIRMATIONS

MEDITATE

DO EFT TAPPING

PRACTICE
GRATITUDE

DO COLOR
BREATHING

TAKE A BATH

READ A BOOK

LISTEN TO
MUSIC

GO FOR A
WALK

SIT ON THE PORCH

BE
Mindful

I CAN
PAUSE
AND

Get.
Outside

SPLASH
WATER ON MY
FACE

BREATHE
DEEPLY

SWIM

WORKOUT

GARDEN

CLEAN

CALL A FRIEND

CUDDLE
WITH A
PET

Create

CROCHET

Connect

LOOK
AT
FAMILY
PHOTOS

BAKE

HUG
SOMEONE

HAVE A DANCE
PARTY

JOURNAL

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Children's BOOKS about RESILIENCE

Ages 1 - 4

- ☐ 1. Otis by Loren Long
- ☐ 2. The Most Magnificent Thing by Ashley Spires
- ☐ 3. Pete the Cat Books by E. Litwin
- ☐ 4. The Little Engine that Could by W. Piper
- ☐ 5. Gossie: A Gosling on the Go! by Olivier Dunrea

Ages 4 - 8

- ☐ 6. Fifty Cents and a Dream: Young Booker T. Washington by Jabari Asim & Bryan Collier
- ☐ 7. The Girl Who Lost Her Smile by Karim Alrawi
- ☐ 8. Sad, the Dog by Sandy Fussell & Tull Suwannakit
- ☐ 9. Rosie Revere, Engineer by Andrea Beaty & David Roberts
- ☐ 10. She Persisted: 13 American Women Who Changed the World by Chelsea Clinton & Alexandra Boiger
- ☐ 11. Ada Twist by Andrea Beaty & David Roberts
- ☐ 12. A Perfectly Messed-Up Story by Patrick McDonnell
- ☐ 13. The Dot by Peter H. Reynolds
- ☐ 14. Ish (Creatrilogy) by Peter H. Reynolds
- ☐ 15. Sometimes I'm Bombaloo by Rachel Vail & Yumi Heo
- ☐ 16. Buddha at Bedtime by Dharmachari Nagaraja
- ☐ 17. Violet the Pilot by Steve Breen
- ☐ 18. Nothing Stopped Sophie by Cheryl Bardoe & Barbara McClintock
- ☐ 19. Emmanuel's Dream by Laurie Ann Thompson & Sean Qualls
- ☐ 20. Home of the Brave by Katherine Applegate

Ages 9 - 12

- ☐ 21. You Are Awesome by Matthew Syed
- ☐ 22. Harry Potter Paperback Box Set by J. K. Rowling & Mary GrandPré
- ☐ 23. A Long Walk to Water: Based on a True Story by Linda Sue Park & Ginger Knowlton
- ☐ 24. The Boy Who Harnessed the Wind by William Kamkwamba
- ☐ 25. El Deafo by Cece Bell

Ages 12 +

- ☐ 26. Hope in a Ballet Shoe by Michaela DePrince & Elaine DePrince
- ☐ 27. Hatchet by Gary Paulsen
- ☐ 28. Fast Talk on a Slow Track by Rita Williams-Garcia
- ☐ 29. Out of My Mind by Sharon M. Draper
- ☐ 30. Every Falling Star by Sungju Lee & Susan Elizabeth McClelland



50

POSITIVE PHRASES

to build
resilience in

Kids!

1. *I love you.*
2. You are loved.
3. I believe in you.
4. You are important.
5. I love watching you play.
6. I love being your _____.
7. *You make me smile.*
8. I'm grateful for you.
9. You are on the right track!
10. You worked really hard.
11. You are helpful.
12. You can do hard things!
13. You kept trying.
14. Your choices matter.
15. You are a good friend.
16. You can make a difference.
17. Good thinking.
18. *You are learning!*
19. You are confident!
20. Your ideas matter.
21. I am listening to you.
22. That was a good choice.
23. What you did was brave.
24. *You are enough.*
25. You're really improving.
26. I trust you.
27. You solved the problem.
28. *You figured it out!*
29. I knew you could do it.
30. I love hanging out with you.
31. Follow your dreams.
32. I appreciate you.
33. You are unique.
34. I love you for who you are!
35. You inspire me.
36. *I am here for you.*
37. You make my heart full.
38. It's OK. We all make mistakes.
39. That's your best effort yet!
40. I know I can count on you when _____.
41. You must have been practicing.
42. You mean so much to me.
43. You're so much fun to be around.
44. You can try again tomorrow.
45. Your efforts are paying off.
46. *Follow your heart.*
47. I see you enjoy trying new things!
48. You can learn from your mistakes.
49. That was a great accomplishment!
50. Your thoughts are unique & valuable.



activities to build

GRIT & RESILIENCE

in children



by Big Life Journal

1 DISCUSS THEIR DREAMS AND GOALS

Talk about the steps that would be required in order for your child to reach their goals. Encourage them to create a dream board and/or bucket list.

2 ENCOURAGE TO CONDUCT “GRIT INTERVIEWS”

Encourage your child to interview grandparents, neighbors, or other acquaintances who have worked hard toward a long-term goal.

3 SHARE STORIES OF GRITTY FAMOUS PEOPLE

Encourage your child to study famous people (and their failures) like Michael Jordan or J.K. Rowling. These examples will show them that perseverance through failure can lead to great success.

4 TEACH ABOUT GRIT THROUGH NATURE

Read together the Tupac Shakur poem “The Rose That Grew from Concrete.” Then discuss what represents the “concrete” in their life. What are their obstacles? Next, discuss how your child can “break through concrete” like the rose. What can they do to overcome obstacles and reach their dreams?

5 TEACH ABOUT GRIT THROUGH LITERATURE

Read classic stories of perseverance like “The Little Engine That Could” or Dr. Seuss’s “Oh, The Places You’ll Go.” Help your child form connections to their own life. Talk about their challenges, response to failures, and how to live with grit.

6 ASK, “WHAT’S THE HARD PART?”

When your child feels discouraged or tempted to give up, ask them, “What’s the hard part?” After the two of you have identified the challenge, ask your child what they could do to fix or overcome “the hard part.”

7 FOLLOW THE “HARD THING RULE”

The rule has three parts: 1) Each member of the family has to do something hard. 2) You must finish what you start. 3) No one gets to pick the “hard thing” for anyone else, so your child gets to choose his own challenge.

8 TRY THE “GRIT PIE” EXERCISE

The pie represents an obstacle your child is facing. Each slice of pie symbolizes a cause of the problem. For each slice, analyze whether their thoughts about the problem are permanent or temporary and whether they blame themselves or others.

9 SHARE YOUR PASSIONS

Show your child your excitement about activities outside of working and parenting, and devote time to developing these passions.

7

WAYS TO TEACH KIDS FAILURE IS A GREAT THING

by Big Life Journal

1

FOCUS ON GROWTH MINDSET

After making a mistake, children with **growth mindset** show a larger brain response than those with fixed mindsets.



2

LET FAILURE HAPPEN

Challenging experiences are the only way we develop certain coping and **problem-solving skills**. If we shield children from adversity, key brain connections cannot develop.



3

EMBRACE (AND CELEBRATE) FAILURE

- Give kids an opportunity to brag about their mistakes
- Introduce "Failure Fridays"
- Give your child a high-five each time a mistake is made
- Use the "My Favorite No" activity.
- Discuss the acronym for FAIL (First Attempt At Learning)



4

EXPLAIN THE LEARNING PIT

Teach children the 'pit' metaphor, and make it part of their daily vocabulary. For example, during a challenging activity, ask, **"Who is in the pit? Who is out of the pit?"**



5

EXPLAIN THE BRAIN SCIENCE

Kids typically fear failure. But what if they knew **mistakes grew their brains**? When kids understand the brain science behind why mistakes improve learning, it's easy to get them excited about the prospect.



6

EMPHASIZE "FAILING FORWARD"

Failing forward simply means learning from your errors. Ask questions like, **"What did you learn from this?"** or **"What would you do differently next time?"** Shift focus onto the positive aspects of failure.



7

TEACH THE MINDFUL APPROACH

The link between mindfulness and resilience is very well documented. With practice, kids can learn to respond to strong feelings about failure rather than simply reacting.





new (and fun) ways for

KIDS

to do

AFFIRMATIONS

Big Life Journal

1

START BY AFFIRMING THEM

- Take time daily or weekly to look into your children's eyes and affirm them. You can say, 'You matter. You're loved. You're enough.'
- End with a long hug to reap the benefits of neurochemicals, like oxytocin, that are released with physical touch..



2

CREATE AN AFFIRMATION BOARD

- Grab a poster board, cork board or small canvas. Together, draw or find pictures which describe their values, things they want to achieve, and/or who they want to become.
- Encourage your kids to include positive things they believe about themselves, their goals and things they can't do YET but want to learn.



3

DRAW AFFIRMATIONS ON THE MIRROR

Help your children use sticky notes or washable markers to place or draw affirmations on the mirror. When they look in the mirror, they will be reminded of all the ways they matter and make a difference in this world.



4

SING YOUR WAY INTO A BETTER MOOD AND BETTER HEALTH

Whether in the shower, the car, or getting ready in the morning, we use singing to lift our spirits and make things like household chores a lot more fun. Invite your children to turn their favorite affirmations into songs.



5

BUILD A TREASURE CHEST OF GOODNESS

1. Buy or build a small wooden treasure chest or, alternatively, use an empty tissue box.
2. Ask kids to paint and decorate the chest or box with the words "I am" on the top.
3. Make some coins out of thick card or cardboard that are big enough to write on.
4. Then, for each coin, children pick out "I am" affirmations and write one on the front side of a coin.



6

LEARN FROM THE GREATEST

- Use the stories from the Big Life Journal or the Famous Failures Kit to help children learn from others' experiences.
- Ask your child what they think these people told themselves or what affirmations they must have used to help them get back up and keep moving towards their goals.



7

ASK, "WHAT IF?"

- Find an adventure book where the main character has a goal and one or more obstacles to overcome.
- Discuss how the story might change depending on what the character chooses to say to him or herself.
- Discuss what happens when the character believes the affirmations versus the criticism.



5

WAYS TO FOSTER A HEALTHY COMPETITIVE MINDSET *in Young Athletes*

by Big Life Journal

1 CONNECT WINNING WITH EFFORT

- Explain that positive outcomes are the result of lots of **EFFORT**.
- Discuss how the best players **practice** the most and **work** the hardest.
- Help kids notice what went **WELL** in each game or practice, and note how effort created even their smallest gains.



2 RE-DEFINE SUCCESS

- Explain that accomplishment does not always mean winning.
- Athletes with a growth mindset see success in **learning** and **improving**, not just winning.
- **Bouncing back** after a loss can also be viewed as an achievement.
- Failure is necessary for building resilience!



3 LEARN FROM THE COMPETITION

- Kids can learn to be inspired by their competitors. Say, "I bet he practiced so much to get that good. What do you think?"
- Teach kids to compete against their **own past** performance. Explain that their most important competitor is their self.
- Explain that comparisons are **relative**.



4 CREATE A HEALTHY TEAM CULTURE

- Reflect on performances and value the **lessons learned**.
- Openly discuss challenges and create environments where mistakes are **encouraged**.
- Teach to humbly accept wins and graciously accept losses. **Model** good sportsmanship.
- Ask kids what kind of team they'd like to build.



5 PRACTICE AT HOME

- Consider family games or activities that kids can potentially win, and keep it **fair**.
- Choose **cooperative** board games to add the element of teamwork.
- Brainstorm with kids about what will happen *after* they win or lose. Winning feels good and losing feels bad, but neither state is permanent.

