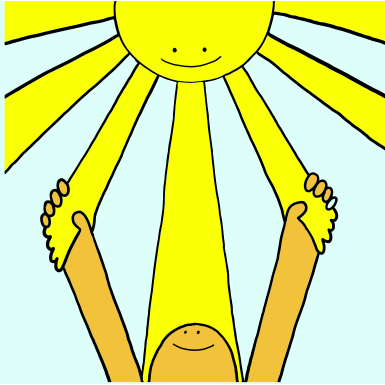


Resilience



RESILIENCE IS BEING ABLE TO DO WELL IN LIFE DESPITE ADVERSITY. BOTH INDIVIDUAL FACTORS (OPTIMISM, SELF-CONFIDENCE AND HOPE) AND EXTERNAL FACTORS (SOCIAL SUPPORT, EXTRACURRICULAR ACTIVITIES) CONTRIBUTE TO ONE'S RESILIENCE.

Discussion Questions

1.

What does resilience mean to you? Can you think of an example of a time when you've shown resilience?

2.

Name someone you admire who is resilient. Why do you admire them?

3.

How does showing resilience contribute to our well-being?

Take Action

1. Research a story about someone who has shown resilience in the face of adversity. Reflect on how resilience can help someone grow and learn through a challenge. Share the story with your friends or loved ones.

2. Make a group challenge as a family. This can be anything from serving the community to fundraising for a cause you believe in to participating in a healthy eating or activity challenge! Determine how you can support and motivate each other in completing the challenge as a group.

“RESILIENCE IS NOT ONLY AN INTERNAL QUALITY, IT’S ALSO ABOUT WHAT IS ALL AROUND US AND HOW THAT ALLOWS US TO BRING OUT OUR SPECIAL QUALITIES.” **MICHAEL UNGAR**

