

resilience

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

- 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. Present the story to a small group or to the class.
- Make a group challenge in small groups or as a full class. 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