Defining Resilience

- Opening questions (discussion or ask students to write answers individually before sharing):
  1. How would you define resilience?
  2. Where have you heard this term used before?
  3. Describe a situation when you or someone you know has demonstrated resilience, or when you or someone else could have demonstrated resilience.

- Teacher can model and share from their personal experience to start conversation, whether it’s an example in everyday life or something more significant.

- Video of Robert Brooks defining resilience (1:22)

- Possible follow-up questions as turn and talk or whole group discussion:
  1. Think of someone you know who is resilient. How do they show they are resilient?
     - Friends, family, teachers, mentors, coaches, athletes, artists, celebrities
     - Resilience as the capacity for people who have faced adversity to bounce back and cope more effectively with life
     - Resilience requires good coping strategies and an optimistic attitude
  2. Dr. Brooks mentions optimism being a quality that someone who is resilient carries. What does optimism mean in this context?
     - Not just happy or bubbly; belief that there can be better times ahead
     - Belief that person has within themselves the resources to start making changes
  3. Can you think of other qualities besides optimism that would help someone be resilient?
     - patience, determination, work ethic, flexibility, self-awareness, ability to reflect, gratitude, acceptance, willingness to ask for help (doesn’t mean you’ve given up)
  4. Dr. Brooks talks about the importance of having a charismatic adult. What does charismatic mean? Why do you think he uses this term instead of, for example, a good friend, wise or trustworthy? Do you have an adult in your life you feel that you could turn to? How would you describe that person and their role?
     - People who can be of assistance in process of overcoming difficult times
     - Someone from whom we gather strength
     - Family, teacher, counselor/psychologist/assistant principal, coach, boss
  5. How does resilience vary based on the situation?
     - Family, health, or life hardship vs. setback of a low grade
     - Effective and appropriate ways to deal with different situations
6. Do you see resilience as being a quality that someone can learn or develop? If so, how? What small steps do you think you can take toward becoming more resilient?

- *Develop positive, supportive relationships; accept that setbacks will happen but shift attention toward the future; make decisions and take action instead of just hoping things will get better; practice mindfulness; take care of yourself*