

Objective

By the end of this lesson, you will understand the importance of resilience and have learned strategies to develop your own resilience.

Materials and Prep

- Paper and pen
- Comfortable space to work
- No prior knowledge needed

Activities

- **Journaling:** Take 10 minutes to write about a time when you faced a challenge and how you overcame it. Reflect on what you learned from that experience.
- **Role Play:** Act out a scenario where you face a setback. Practice responding to it in a positive and resilient way.
- **Positive Affirmations:** Create a list of positive affirmations to repeat to yourself when facing difficulties. Examples include "I am strong," "I can overcome any obstacle," and "I believe in myself."

Talking Points

- **Definition of Resilience:** "Resilience is the ability to bounce back from challenges and setbacks. It's like being a rubber band that stretches but doesn't break."
- **Importance of Resilience:** "Being resilient can help us face tough times with courage and strength. It's an important skill to have in life."
- **Building Resilience:** "We can build resilience by practicing positive thinking, seeking support from others, and learning from our mistakes."
- **Role of Mindset:** "Having a growth mindset, where we believe we can improve and learn from failures, is key to developing resilience."
- **Resilience in Action:** "Think of a time when you faced a challenge and didn't give up. How did you feel afterwards? That's resilience in action!"