

Resilience:

What's Your Story?

We all have a resilience muscle in us – it helps us stand up when we fall and carry on with life. Each of us has used that muscle before to deal with challenges, no matter how big or small.

By helping students draw from their past and recall incidents in which they have shown resilience, it builds their sense of self-efficacy and gives them the strength and confidence to deal with future challenges.

Give students a chance to share their stories. Over time, such sharing strengthens their identity as individuals of resilience, and in so doing, inspires others in the process.

Instructions

1. Invite students to share what they think 'resilience' means.
2. Show students the video 'Bounce Back Stronger, Stories of Resilience'.
<https://www.facebook.com/breathe.sg/videos/vb.34962368135/10150710962219009/?type=2&theater>
3. At the end of the video, share that these individuals have demonstrated resilience. Invite students to now discuss what they think 'resilience' means.
4. Highlight the following points:
 - Life is a long journey with ups and downs.
 - Setbacks are a normal part of life.
 - Sometimes we trip, sometimes we fall. Resilience is what makes us stand up again.
 - We may not be able to change a tough situation but we certainly have the power to choose how to respond to it.
5. Provide students with the hand-out on which they can share an incident in which they had demonstrated resilience. Students may wish to express themselves either through words or drawings.
6. Invite one or two students to share their story with the class if they feel comfortable

Resilience is...

Draw yourself here

Name:

Class:

Date:

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