

## 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*