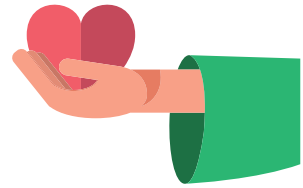


Lesson 5.1

RESILIENCE



How resilient are you? Self evaluation

Indicate how much each statement applies to you. 1 being not at all (never), 10 being 100% me (all the time).

Statement	1	2	3	4	5	6	7	8	9	10
In a crisis or chaotic situation, I calm myself and focus on taking useful actions.										
I'm usually optimistic, see difficulties as temporary and expect to overcome them.										
I have friends I can talk with.										
I can express my feelings to others and ask for help.										
I'm a good listener.										
I have good empathy skills.										
I learn valuable lessons from my experiences and from the experiences of others.										
I feel self-confident, appreciate myself, and have a healthy concept of who I am.										

Adapted from the Resiliency Quiz - How Resilient Are You?, designed by Al Siebert, PhD.

Lesson 5.1

RESILIENCE

Resilience is the ability to bounce back from challenges. Throughout the year, you are going to experience ups and downs. That's totally normal. It's important, however, that you know how to navigate your way through the tough times.

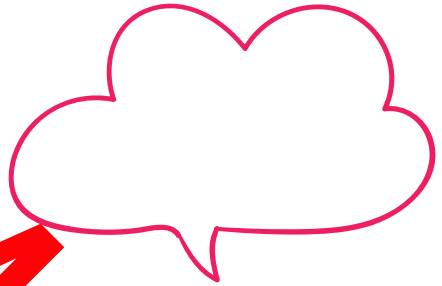
The focus of this course is to develop resilience by way of learning empathy, emotional literacy, mindfulness and gratitude — the cornerstones of building resilience.

Brainstorm ways you can improve in the areas you scored yourself 6 or below in.



Lesson 5.2

RESILIENCE REFLECTION



Think of a time in your life when you had to demonstrate resilience. What happened? Who and what helped you through?

What are your strengths?

Who is your support network?

Lesson 6.1

CHARACTER STRENGTHS

If you have not already done so in the last year, it is recommended you take the time to complete the VIA Character Strengths Survey (for youth) at www.viacharacter.org. It will take approximately 25 minutes. You will need to register on the website first.

What are your character strengths?

(Top five from the VIA Character Strengths Survey)

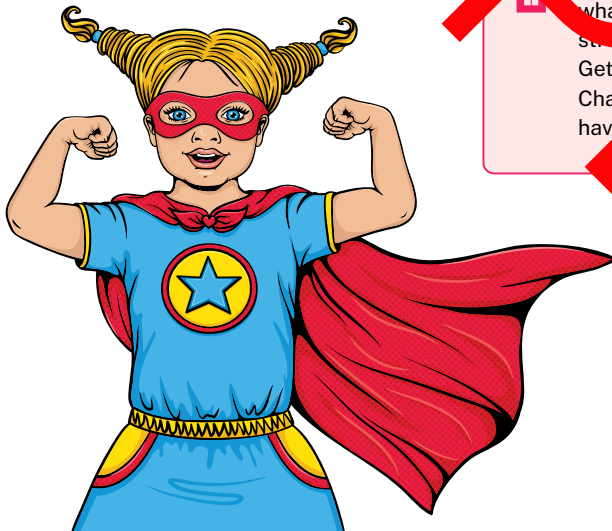
1.

2.

3.

4.

5.



Take it home: Tell your parents what your top character strengths are and they agree? Get them to complete the VIA Character Strengths if they have not done so before.