



Name:

Date:

The Importance of Resiliency: Independent Learning Guide

The role models in the video "The Importance of Resiliency" share advice about developing resiliency.

Watch the video "[The Importance of Resiliency](#)" at least once. Then read each statement below. Think carefully about each question before you answer it.

- 1. The video explains that becoming resilient takes time and practice. This means that you will become more resilient over time if you always keep trying, even when things are tough.**

What is one area of your life where you could concentrate on developing resiliency? Why did you select this area? How can resiliency help you?

- 2. You heard someone in the video say, "I never quit going and never stopped trying to achieve my goals."**

What is a goal you have? What can you do to develop resiliency in trying to reach this goal?

3. In the video, listeners learn that “you have to build up a tolerance for resiliency.” Part of building up a tolerance for resiliency means not giving up even in the face of great challenge.

What great challenges have you faced and what did you do to overcome them?

4. A speaker in the video compares developing resiliency to playing basketball.

Why is it important to practice a skill like resiliency?

5. Another speaker in the video gives this advice: “Don’t give up just because something is hard the first time.”

What are some things that might have seemed hard at first but feel easy to you now? Complete the sentences below with your ideas. We did one for you!

At first, it was difficult to read chapter books but now it’s much easier!

At first, it was difficult to _____ but now it’s much easier!

At first, it was difficult to _____ but now it’s much easier!

At first, it was difficult to _____ but now it’s much easier!

6. You learned in the video that everyone needs to be resilient: children, teens, and adults. Resiliency is important in school, in college, and at work.

To attain, or reach, your future goals, you will need to be resilient. Draw a picture of you reaching one of your future goals. Fill in the speech bubble to tell how resiliency helped you attain your goal.

A large rectangular box with a thin black border occupies the lower half of the page. In the upper right corner of this box, there is a speech bubble with a tail pointing towards the top right. The speech bubble is empty and intended for the student to write their response.