

Strength in Resilience

Grade 5

Today, we explored what it means to be resilient. Resilience is our ability to bounce back from challenges and difficulties, continuing to move forward even when things get tough.

Why do you think resilience is an important quality to have? How can it help you at school and at home?

We learned that resilience can be developed through practices like positive thinking, flexibility, and effective problem-solving.

Think of a challenge you recently faced. What resilience strategies did you use, or could you have used, to overcome it?

Resilience isn't just about facing big challenges; it's also about how we handle daily obstacles in schoolwork, friendships, and personal goals.

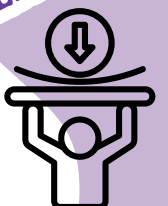
Discuss a time when being resilient helped you succeed in something that was important to you. What did you learn from that experience?

Reflecting on our experiences helps us recognize our strengths and areas where we can grow our resilience further.

What is one goal you have for yourself where you can apply resilience? How will you approach challenges in achieving this goal?



**I AM STRONG
I AM CAPABLE
I AM RESILIENT**



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Remember, every step you take to overcome a challenge builds your resilience. Use the strategies we practiced today to strengthen your ability to cope with and rise above difficulties.

How can you support your classmates in becoming more resilient? What can you do to encourage each other?

Keep this handout as a reminder of the skills and insights from our lesson on resilience. Review it whenever you face new challenges to remind yourself of the power you have to overcome them. Let's grow stronger together!



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