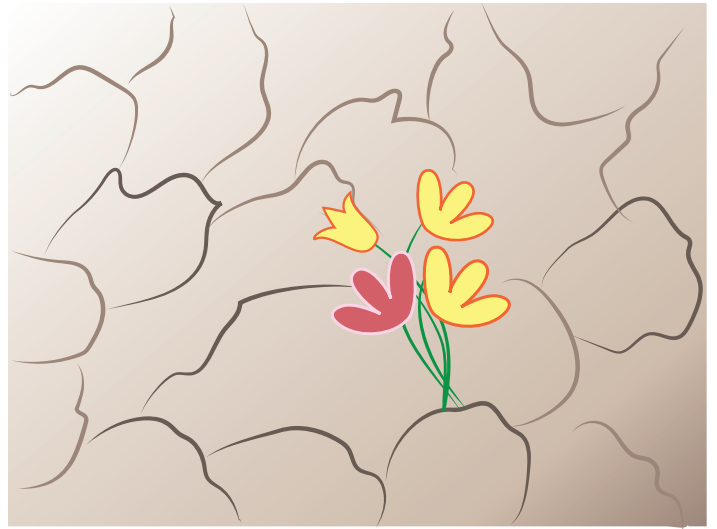


Resilience Explained

Part 1: Images of Resilience



Resilience Model



Name _____

Date _____

Resilience Explained

Part 2: Resilience Video Note Catcher

What does resilience mean?

What happens when we are more resilient?

How does learning resilience help us?

Part 3: Design Your Own Resilience Explainer Video

Directions: Create a video that teaches others about resilience. Remember to include:

- Images of resilience
- The definition of resilience
- Tips to be more resilient
- Examples of celebrities who have displayed resilience
- Include an example from your own life when you were resilient
- Check for correct grammar, spelling, and high craftsmanship