

DISCUSSION - RESILIENCE

Teacher Question

Thinking back to Candace's story - resiliency is the ability to rebound from or withstand difficulties. Like Candace, we all are thrown curveballs in life.

Can you give an example of a life "curveball"?

Student Answer Prompts:

- Failing a course; not making a team or getting a job
- Death of a loved one; change of life circumstances
- End of a relationship

Teacher Question

What tools or systems do you have to remain positive or resilient in situations that are challenging?

Student Answer Prompts:

- Acknowledge what has happened and the personal impact
- Take the time to analyze what went wrong, grieve or feel what you feel is appropriate in the circumstances
- Make a plan for how you will go forward given the "curveball"- retaking the test, going out for different team or a new job, etc.

Teacher Question

What are some small ways that you can practice resilience and the power of positivity in your daily life?

Student Answer Prompts:

- Learn to "not sweat the small stuff"
- Recognize the circumstances that arise and keep a positive attitude, focusing on how you can handle the situation to lessen the impact on your life

DISCUSSION - COURAGE TO CARE

Teacher Question

What comes to mind when you think of courage?

Student Answer Prompts:

- Bravery
- Strength in a time when you face a challenge
- Doing something above and beyond what you normally do

Teacher Question

Can you think of a time that you did something OR someone did something for you that took courage?

Student Answer Prompts:

- Courage doesn't have to be a big heroic act, it is shown in small ways in everyday acts such as trying out for a team, volunteering to make a presentation in front of the class or standing up for yourself, a friend or a stranger who is in need
- In the workplace, courage can be shown by speaking up to your supervisor when you see something that's not right
- Saying what you believe even if your thoughts or ideas are not popular
- Asking for help