



Discussion Questions

1. Define resilience.
2. What challenges did the kids in the video face? How did they overcome the challenges? How does this make them resilient?
3. What skills should a person learn to become more resilient?
4. What are the three "Ps" that make it hard to be resilient?
5. Discuss the Robert Louis Stevenson quote: "Life is not so much a matter of holding good cards, but of playing a poor hand well." What does it mean to you? How does it relate to resilience?
6. Do you believe that "every child can succeed ... against all odds?" Explain your answer.
7. How is Heather's jump rope story a good illustration of resiliency?