

# Get Back Up



**The Goal:** To build resiliency and explore the term itself.

**Materials:** Notebook paper, something to write with.

Resiliency is the capacity to recover from difficulties. Resiliency isn't a trait that only a select few people in the population have, it's a skill that you can build with yourself, and the only way to practice is to get back up!

**Step 1:** When you think of the term "Resiliency," what comes to mind? Brainstorm a few keywords or phrases that you associate with the term. Look up the definition if you need to.

**Step 2:** In a few sentences, explain a time in your life in which you had to be resilient. Did this feel natural to you? *If so:* Do you remember the first time you intentionally practiced the skill of resiliency? *If not:* How do you think you can build on this skill to make it stronger?

**Step 3:** Find a group or partner and discuss strategies to build on your resiliency skills.

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**Indigo Indicators:** *Internal: Resiliency, Managing Stress*

**CASEL Competencies:** *Self-Management, Responsible Decision-Making*

**Ramp Behavior Standard:** *B-SMS 5 Demonstrate perseverance to achieve long-term and short-term goals*