

Confident Moments



The Goal: Build resiliency and explore the term itself.

Materials: Notebook paper, something to write with.

Resiliency is the capacity to recover from difficulties. It can be easy to forget that we are resilient by nature. We practice that skill throughout our whole lives. Though as we get older, “getting back up” can look very different. Being aware of the moments that call for us to be resilient, coupled with knowing *we have already been working on this skill our whole lives*, will allow us to recognize those moments and trust in ourselves 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.

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 and discuss strategies to build on your resiliency skills.

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*