**Resilience Exercise**

Resilience is the ability to recover from stress despite challenging life events that otherwise would overwhelm a person’s normal ability to cope with that stress (Smith et al., 2008). For more information on resilience, visit our website [here](#). Below you will find an activity to do with your class to help them work through a challenging event in their life.

**Resilience Activity #1: Mad Lib**

Send students a digital copy of the resilience Mad Lib. Have students complete in class or bring a completed version to class. Then break students up into small groups/Zoom break out rooms to discuss activity. You may have students come together as a class to debrief as a whole.

**Part One**

One time that I failed or was rejected was ____________________________________________.

(experience)

I felt _______ ___________ ____________________________________________.

(emotion) (emotion) (emotion)

I really had to re-think a lot in my life such as ________________________________________.

(future plans, family, work, values, etc)

I reached out to _________________________________________________________ for support.

(people, organizations, etc)

After this event, one of the **unhelpful** things I did was ___________________________________.

(behavior)

I did some **helpful** things too, such as _____________________________________________.

(behavior)

__________________________, and _________________________________.

(behavior) (behavior)

**Part Two**

_____ Rank how devastating the event felt at the time on a scale of 1-10 (1 being not at all devastating and 10 being extremely devastating)

_____ Rank how devastating the event feels now on a scale of 1-10 (1 being not at all devastating and 10 being extremely devastating)

**Part Three**

Now that the event has passed, I've had some time to think about it. In the future, if I experience failure or rejection again, I will do less (of) ________________________________________ and more (of) _____________________________________.

**EMOTIONS**

GUILTY
CONFUSED
ANGRY
EXHAUSTED
CAUTIOUS
LONELY
ANXIOUS
EMBARRASSED
OVERWHELMED
ASHAMED
FRUSTRATED

UNHEALTHY BEHAVIORS
UNDER/OVER SLEPT
UNDER/OVER ATE
SMOKED
ALCOHOL/DRUGS
ISOLATED MYSELF
BECAME PESTIMISTIC
DESTROYED PROPERTY

PEOPLE/ORGANIZATIONS
HELP HOTLINES
PARENTS
SIBLINGS AND RELATIVES
STUDENT GROUPS
SUPPORT GROUPS
COUNSELORS
TEACHERS
FRIENDS
CLASSMATES

HEALTHY BEHAVIORS
TALKED IT OUT (VENT)
EXERCISE
MAKE A PLAN
RESTED and RECHARGED
MADE PEACE
CRIED
DID A FUN ACTIVITY
LISTENED TO MUSIC