Resilience Mad Lib

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.

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 ________________, ________________, and ________________.

*(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/OVERSLEPT
UNDER/OVERATE
SMOKED
ALCOHOL/DRUGS
ISOLATED MYSELF
BECAME PESSIMISTIC
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