

# SPREADING RESILIENCE

## ACTIVITY

### Time Needed

60 minutes

### Materials

Note-taking supplies

List of questions (below)

Device to access video

### Activity Description

Resilience is the trait or character strength that allows us to overcome frustrations and setbacks, finish whatever we begin, and generally push on toward our goals. Sometimes it can be hard to rally in tough situations, and sometimes it's hard to know when you are in a situation that requires resilience. You will work with a group to create an educational message for your community that supports resilience.

### Suggested Steps

1. Watch a short clip on the [Freedom to Fail Forward](https://www.youtube.com/watch?v=6Ult4t-1NoQ) (<https://www.youtube.com/watch?v=6Ult4t-1NoQ>). Think about the title and what it means to fail forward.
2. Find a group to work with and decide what kind of public message you want to create (a series of digital posts, a poster, daily announcements for your school, or something else). Your message is to help people understand that failure can help propel us forward and make us stronger. Handling failure is hard—how can we do it?
3. Create the message: Make sure that you are clear and to the point. Your message will be more helpful if it is easy to understand. Help others understand the importance of resilience. Your message could include:
  - A definition of resilience
  - Specific examples
  - Facts
  - Suggestions
4. Share your message: Support your community by helping to share inspiration. Talk with an administrator or site director about appropriately sharing your message.



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