**Secondary Guidance Lesson**

*What is Resilience?*

**Objective:** Students will learn what resilience means, why it is important, and how to develop resilience.

**Video**: <https://youtu.be/gWom7srJ9y0>

**Activity:** Sometime it's challenging to keep moving toward a goal because it's difficult to struggle through the issues that get in the way.

* Ask each student to write down a goal that they are working toward.
* Next, ask them to list the top 3 issues getting in their way as they attempt to achieve this goal.

## Solution Brainstorming

* Explain to students that you are going to guide them through a process of brainstorming potential solutions for each issue that they have identified. They can use this same process any time that they feel like they want to give up on a goal.
* Emphasize that they are encouraged to think outside the box and should not feel limited when thinking through solutions.
Ask students to write down the following types of solutions for each of their identified roadblocks:
	+ *A solution that seems outrageous* -- something that you don't think is possible, but you are throwing it out there anyway
	+ *A solution that requires support* -- something that is possible, but you need to ask for help to make it work
	+ *A solution that you can do on your own* -- something that you know you can manage without asking for help
* Encourage students to work with peers (or ask you for help) if they are feeling stuck when trying to think of solutions.
* By the end of this activity, students should have brainstormed at least 9 different options for navigating their various challenges.

**Follow-up/Closing:** By the end of this activity, students should have brainstormed at least 9 different options for navigating their various challenges. People who are more resilient are likely to be better at solving problems, ask for help when they need it, and have a can-do attitude. People who are less resilient are likely to struggle under pressure, experience symptoms of anxiety and depression, and often feel deflated and hopeless when things go wrong.