

# Week 1 Resilience

Let's

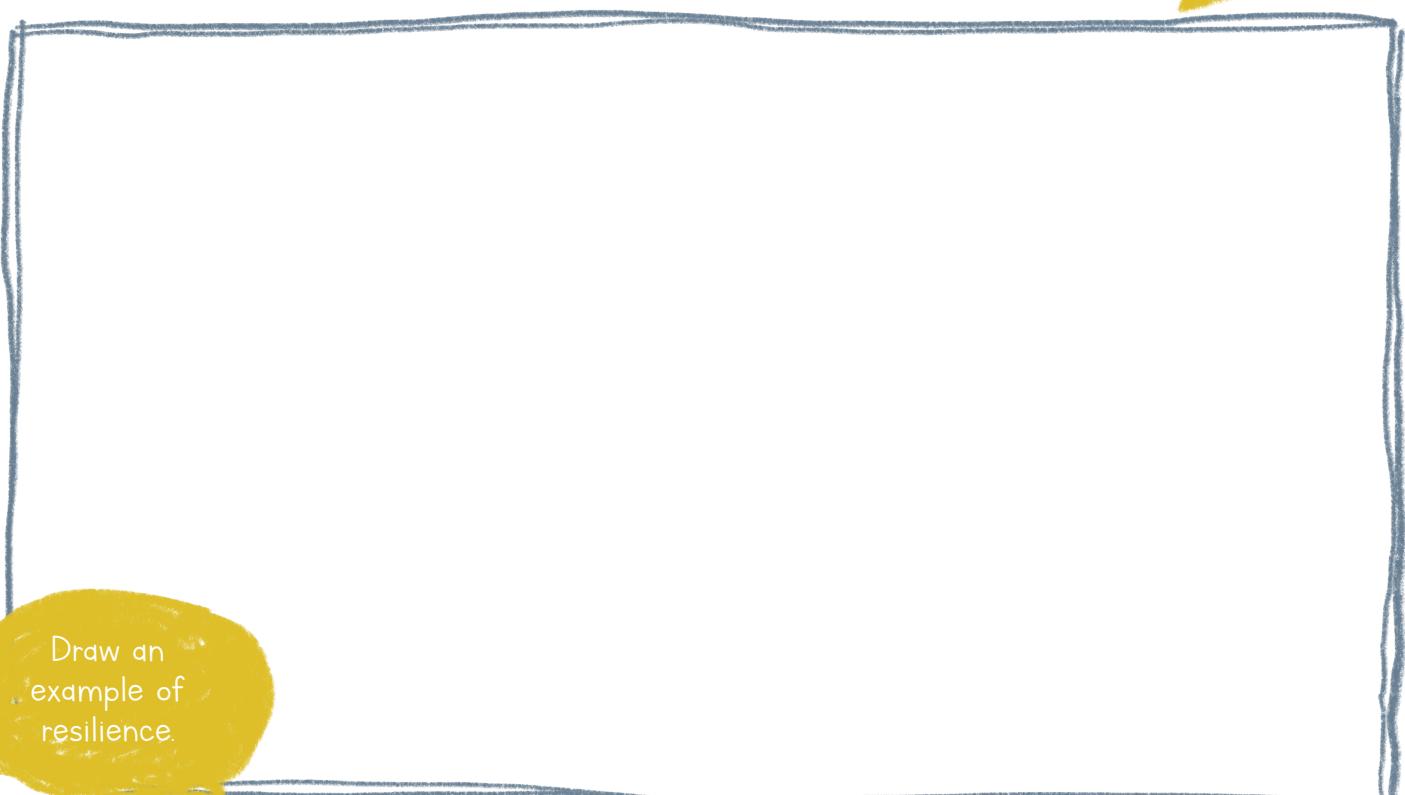
# Talk

Name \_\_\_\_\_

# What is resilience?

A worksheet for a resilience exercise. The page is white with a light gray background. In the top right corner, there is a yellow speech bubble with the word 'resilience' written in a black, sans-serif font. In the bottom right corner, there is another yellow speech bubble with the text 'Write a scenario where someone lacks resilience.' written in a black, sans-serif font. The main area of the worksheet consists of 10 horizontal blue lines for writing notes.

Write a scenario where someone lacks resilience.



Draw an example of resilience.