

Name _____

Bouncing Back Stronger: Building Resilience in the Face of Challenges

Open-Ended Response Answer Key

1. (Student's response should describe a personal experience, the building blocks of resilience used, and lessons learned from the experience.)
2. (Student's response should explain the "Resilience Recipe" and provide advice on how it can help a friend facing challenges.)
3. (Student's response should discuss the role of mistakes, provide examples of learning from mistakes, and explain how they contribute to personal growth and resilience.)
4. (Student's response may vary but should identify a building block of resilience, explain its challenges, and suggest ways to work on improving it.)

