

Name \_\_\_\_\_

## Bouncing Back Strong: Building Resilience in Life

### Multiple Choice Questions

1. What is resilience?
  - a) A rollercoaster
  - b) A shield against tough times
  - c) A problem-solving strategy
  - d) A kind of superpower
  
2. What should you focus on when facing a challenge to build resilience?
  - a) Dwell on the problem
  - b) See it as an opportunity to learn and grow
  - c) Avoid challenges
  - d) Complain about setbacks
  
3. How can a support system help you build resilience?
  - a) By doing your homework
  - b) By sharing your thoughts and concerns
  - c) By setting unrealistic goals
  - d) By eating nutritious food
  
4. What is the importance of physical health in resilience?
  - a) It has no impact on resilience
  - b) It helps boost your confidence
  - c) It plays a significant role in your ability to bounce back
  - d) It only affects your physical well-being
  
5. What should you do when facing setbacks and challenges to strengthen your resilience?
  - a) Avoid reflecting on past challenges
  - b) Ignore smaller goals
  - c) Break big goals into smaller, manageable steps
  - d) Give up on your goals

