

Name _____

Bouncing Back Strong: Building Resilience in Life

Open-Ended Response Questions

1. Can you share a personal experience where you faced a challenge and used a positive attitude to bounce back?
2. What are some relaxation techniques you can practice for self-care and reducing stress?
3. How do you think flexibility can help you cope with unexpected changes in life?
4. Describe a situation where helping others made you feel better about yourself and more resilient.

