

Name _____

Bouncing Back Strong: Building Resilience in Life

Open-Ended Response Answer Key

1. Possible answer: (Personal experiences will vary. Example: "Once, I failed a math test, but I decided to study harder and ask my teacher for help. Instead of feeling down, I saw it as a chance to improve, and I did better on the next test.")
2. Possible answer: (Various relaxation techniques can be mentioned, such as deep breathing, meditation, yoga, or taking a warm bath.)
3. Possible answer: Flexibility can help cope with unexpected changes by allowing you to adapt and find new solutions when your original plans don't work out. It prevents you from feeling stuck and overwhelmed.
4. Possible answer: (Personal experiences will vary. Example: "I volunteered at a local animal shelter, and it made me feel really good to help the animals. When I faced a tough situation at school later, I remembered how I had made a positive impact at the shelter, and it gave me the confidence to overcome my school challenge.")

