



## 1-5 Assessment: Resilience

Name \_\_\_\_\_ Date \_\_\_\_\_

Students can write in answers, draw their answers, or talk through their responses with an adult.

1. Resilience

- a. Is something you must be born with
- b. Is something you can learn and develop through experience
- c. Involves avoiding adversity (struggles)

2. Name 3 strategies a person can use to build their resilience.

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