

Grade 7 English Language Arts

Week of February 1 – February 5

Lesson 3: Resilience

Take a moment to view a few more definitions of what it means to be resilient. Think about it with regards to your own sense of self. Do you have the tools to be resilient? Have you shown resiliency before? Are you able to identify these traits and tools in others? Can you connect these traits to a character in your novel? Click on each of the images below to view a video.

Complete the following activity, Tools of Resiliency, while you watch the videos.



Resilience Animation: <https://youtu.be/C1UCI2ZHEqw>



Reel Youth Film Festival: <https://youtu.be/1CvExk1TVM0>



Think Positively: <https://youtu.be/An2OalbPSII>



What You Do!: https://youtu.be/34_3_3v59Xo



Powerful Inspirational True Story: <https://youtu.be/kZlXWp6vFdE>



Resilience in Kids: <https://youtu.be/HYsRGe0tfZc>

Name: _____

Date: _____



5.2 Tools of Resiliency

After viewing the videos list some resilience tools you learnt about/witnessed and provide an example for each.

Tool	Example
Example: Don't give up/perseverance	Finished the race with a torn hamstring.

Return to your online lesson book.