

Grade 7 English Language Arts  
Week of February 1 – February 5

**Lesson 4: A Personal Story**

**Resilience**

It's like being thrown into a dance,  
without even knowing the steps.  
It is your one and only chance,  
so you curse all of your missteps.  
Your heart beats out of your chest.  
As your resilience is put to the test.

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Once you've read through the poem, complete the activity, *Personal Story*.

