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*.

5.3 Personal Story

| Take a moment to think about a time when you demonstrated resiliency. Describe the situation, outcome and tools you used to get through it. |
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