



Activity: Showing Resilience

Materials:

- “Showing Resilience” page (attached)
- Pencils
- Markers/crayons/colored pencils

Activity Details:

Discuss the concept of resilience. Sample definition: "Resilience is the ability to bounce back from a tough situation."

Showing resilience can be compared to falling into a valley – when you're down at the very bottom, and you're dealing with something difficult, how will you get back to the top? Will you use your bike? Will you use your legs? Will you have a jet pack? No matter what tools you choose, this represents your ability to get your attitude back to a positive place - even when something knocks you down.

Let's think back to Alex Scott and how resilient she was. How would you describe the situation that represented her being in the valley? How did she try and get herself out of the valley? (Perhaps she can climb on a lemonade stand, or use a rope with her family at the top pulling her up, etc. – get as creative as you'd like, and feel free to draw this as a guide!)

Students will draw a picture of themselves at the bottom of the valley and will design a way out. The goal is for students to associate this with their own ability to solve problems and show resilience, so most ideas will work, as long as it is something they can recall in future situations.

Thank you again for your interest in Alex's Lemonade Stand Foundation!

We hope you will consider raising funds for ALSF in the future.
Please contact our office if you need help getting started.



Name _____

Date _____

Showing Resilience

Imagine you are stuck at the bottom of a valley.

How will you get yourself out?

