



Chapter 13: Strength and Resilience – Facilitator Guide

Room Set-Up: A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

Number of Participants: Up to 20.

Approximate Time: 35-45 minutes

Materials

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit Chapter 13

Learning Objectives

- Understand what “resiliency” means
- Learn how to develop and reinforce strength and resilience
- Identify your own strengths and examples of resilience

Check-In Questions and Discussion

- How are you arriving today?
- Rose/Thorn/Bud Exercise
 - Rose: One good thing going on in your life right now
 - Thorn: One thing you’d like to work on or improve
 - Bud: One thing you are looking forward to
- What does the word “resilience” mean to you? Can you share any examples?

Toolkit Chapter Review and Story (pp. 48-50)

Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board

- Why is it important for our mental health to be able to recognize our strengths?
- What is the difference between strength and resilience?
- What are some ways that we can reinforce our strengths?

Toolkit Worksheet Activity (Work in small groups or individually – facilitator’s discretion)

Checkout Questions

- How are you leaving today?
- Rose/Thorn/Bud Exercise
 - Rose: What are your favourite takeaways from this chapter?
 - Thorn: Was there anything you didn’t like about this chapter?
 - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?