

Resilience for Martians

A way with words

As a group — Think how you could explain to a Martian what **resilience** means.



Time to think ... and share ideas

In pairs – Think of a time when each of you has been resilient. Take turns to interview each other about it. For example you might ask questions like ...

“Where were you?”

“What were you trying to do?”

“What kept you going?”

“How did it feel when you succeeded?”

“What do you like doing most of all?”

“Do you think you are resilient when you are doing this?”

“When else do you think you are resilient?”

“When are you not resilient?”

“What stops you from keeping going?”

Me-now!

Write or draw something that's important to you about **resilience** following on from your discussion ...