

Reflective Activity: Building Resiliency

Building resiliency is a way we overcome challenges and increase our ability to manage stressful situations. This is something that you can foster in your students—particularly those with learning differences—as well as yourself as a teacher.

In which areas of teaching do you need to foster more resilience in yourself?

- _____
- _____
- _____

With whom do you co-regulate when facing adversity or undergoing stress?

- _____
- _____
- _____

When have you encountered a challenging situation in the classroom that resulted in too much stress and thus interfered with your ability to effectively teach?

- _____
- _____
- _____

What is a story of resilience you can share with your students? Think about yourself, a family member, a community member, or someone famous.

- _____
- _____
- _____