|  |  |
| --- | --- |
| **LESSON ONE – COPING STRATEGIES AND BUILDING RESILIENCE** | |
| **STARTER TASK:**   1. What does the term coping strategy mean to you? 2. Give some examples of coping strategies. 3. What is resilience? 4. Think of someone you would say is resilient. Who is it? What characteristics make them resilient? | |
| **TASK ONE:** | |
| TERM | DEFINITION |
| COPING STRATEGY |  |
| RESILIENCE |  |
| **TASK TWO:** | |
| **THE PURPOSE OF NEGATIVE EXPERIENCES**  **COPING STRATEGIES OR DIFFICULTIES WE MAY FACE** | |

