

# Follow up questions for Stretch Yourself

Resilience is the ability to bounce back when things or life isn't going very well.

Who are some people that come to mind when you think about resilience?

Where in your life could you be more resilient?

Regarding RESPECT, on a scale of 1-10, (ten being high) how would you rate the respect level at our school?

What are some specific examples of disrespect?

What could be done to improve the level of respect at our school?

Craig talked about responsibility and dealing with mistakes. He said that mistakes are great moments when we learn and grow. He also said there is a difference between a great moment and a reckless moment. In your opinion, what's the difference?

What's the advantage of taking responsibility of your actions or mistakes?

Have you ever made a mistake while trying to do something worthwhile and instead of learning from it, dwelled on it so long you were afraid to try again? Please share with the group.