

Resilience Through Challenges

Upper-intermediate (B2-C1)



WARM-UP

Part 1. Look at the word below.

Resilience

When you see this word, what comes to mind?

Think about:

- feelings
- images
- situations
- expectations

Part 2. Read the statements. Share your thoughts on each one.

I'm good at dealing with small daily problems.

Big challenges usually change people.

Support from others matters more than mindset.

Part 3. Read the quote from the video. What do you think it means? Discuss the questions below.

"You just feel like you are climbing a mountain every day, and every day you get up and the same mountain is ahead of you."

1. What do you think the speaker means by this image?
2. Why might repeated challenges feel harder than a single big one?

VIDEO ACTIVITY

Part 1. You're going to watch a video called "Three invaluable tools to boost your resilience." What three tips or ideas do you think the video will focus on?

Think about:

- habits
- mindset
- other people
- everyday decisions

Part 2. Watch the video. According to the speaker, what three things help people become more resilient?

Part 3. Watch the video again.

Part 4. Discuss the following questions.

1. Which idea feels most realistic for everyday life?
2. Which idea feels hardest to practise consistently?
3. Did anything challenge how you usually think about resilience?
4. The speaker suggests resilience is not only personal, but also social. How does belonging (or not belonging) affect resilience?
5. Why might not being "seen or heard" make challenges harder to cope with?

Part 5. Read the quotes taken from the video.

1. "Suffering is a part of life."
2. "Resilience is not a trait that people either have or don't have."
3. "We can teach people to be more resilient."
4. "Other people matter."
5. "Resilience is not about facing hardship alone."
6. "Being resilient is also being able to accept your vulnerabilities, knowing when you need to get help, and to reach out."

Discuss:

1. Which quotes do you agree with?
2. Which feel uncomfortable or difficult?
3. Which ones feel realistic for your own life?

VOCABULARY & SPEAKING

Part 1. Read the sentences. Try to explain what each bold expression means in this context. Then, say whether you agree, disagree, or partially agree with each statement and explain why.

1. When problems **come thick and fast**, it's easy to feel overwhelmed.
2. Having support means you're not forced to put on a **stiff upper lip**.
3. During hard times, it's easy to **get sucked into** negative thinking.
4. Feeling **singled out** can make challenges harder to manage.
5. Sometimes resilience means using the **tools at your fingertips**.

Part 2. Read the situations below. How might resilience work in these situations? Try to use the expressions from the previous activity as you speak.

1. Someone dealing with constant pressure at work
2. Someone feeling isolated during a difficult period
3. Someone overwhelmed by many small problems at once

Part 3. Choose one option and explain your choice.

Deal with problems on your own	or	talk it through with others?
Focus on what you can control	or	accept uncertainty and adapt as you go?
Push yourself to be strong	or	allow yourself to ask for support?
Handle things in the moment	or	take time to process them later?

REFLECTION

Complete the sentences with your own ideas.

- 1.A reminder from the video I'd like to keep is _____.
- 2.A question the video left me with is _____.
- 3.This lesson changed how I think about resilience because _____.

