

## Teacher's Guide

### Resilience vs Vulnerability: Which Makes Us Stronger? - Advanced (C1-C2)

Canva Presentation Link:

[https://www.canva.com/design/DAGycDqeiTc/49AZ2DLxRSJLzTYKIBr65w/view?utm\\_content=DAGycDqeiTc&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=uniquelinks&utlId=h264d4f16b5](https://www.canva.com/design/DAGycDqeiTc/49AZ2DLxRSJLzTYKIBr65w/view?utm_content=DAGycDqeiTc&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utlId=h264d4f16b5)



Editable Presentation Link:

[https://www.canva.com/design/DAGycDqeiTc/7rZ\\_XuoqvTCMIJiNQ7BtaA/view?utm\\_content=DAGycDqeiTc&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAGycDqeiTc/7rZ_XuoqvTCMIJiNQ7BtaA/view?utm_content=DAGycDqeiTc&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

Editable Worksheet Link:

[https://www.canva.com/design/DAGycEalFyI/IVor8fZASzF6qAo0vlqvow/view?utm\\_content=DAGycEalFyI&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAGycEalFyI/IVor8fZASzF6qAo0vlqvow/view?utm_content=DAGycEalFyI&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

## Warm-up

**Part 1.** Students read the quote and discuss the questions.

## Reading activity

**Part 1.** Students will read a text on Resilience vs Vulnerability.

**Part 2.** Students discuss the questions based on the text.

### **Suggested answers:**

1. Resilience = ability to bounce back, linked to perseverance and toughness.
2. Criticism: shifts burden onto individuals, encourages silent endurance.
3. Vulnerability fosters empathy, trust, and deeper connection.
4. Risks: fragility, oversharing, blurred boundaries.
5. Framed as complementary: strength may come from balance.

## Debate

**Part 1.** Students match the terms to their meanings.

### **Answer key:**

1. adaptive capacity
2. coping mechanism
3. emotional exposure
4. empathy building
5. oversharing culture
6. psychological toughness
7. systemic responsibility
8. human connection

**Part 2.** Students complete the sentences with the correct terms.

### **Answer key:**

1. coping mechanism
2. psychological toughness
3. systemic responsibility
4. human connection
5. emotional exposure
6. empathy building
7. oversharing culture
8. adaptive capacity

**Part 3.** Students look at the useful expressions and use them to rewrite the sentences so they sound more formal, persuasive, or nuanced for a debate.

**Sample answers:**

1. *It could be argued that discipline is more important than motivation.*
2. *It could be argued that resilience is usually more valuable than vulnerability.*
3. *Doesn't that overlook the fact that vulnerability can also demonstrate courage?*
4. *To some extent, I agree that emotions are discussed more, although this can foster empathy.*
5. *I agree up to a point, but true strength may include moments of openness.*

**Part 4.** Students take part in a structured debate with yourself or a partner, using the vocabulary and debate expressions from this lesson. Encourage students to respond fluently, challenge ideas politely, and justify their opinions with clear reasons and examples.

When leading the debate, use strong, provocative statements to push the student:

- "Resilience is about survival; vulnerability is indulgence."
- "Only resilient people achieve real success."
- "Vulnerability is performative in today's culture."
- "Teaching resilience shifts focus away from systemic change."
- "Showing vulnerability builds stronger leadership."

## Reflection

**Part 1.** Students discuss the questions.

## Wrap-up task (optional homework)

**Part 1.** Students write an opinion article (180–220 words) on:

***"Which makes us stronger: resilience or vulnerability?"***

**Encourage students to:**

- Use at least 4 vocabulary items (e.g., psychological toughness, empathy building, systemic responsibility, emotional exposure).
- Use at least 2 debate expressions.
- Present one counterargument and refute it