

Student Reflection Page: Bonnie Bernard

Grade Level: High School

Complete this reflection page after watching the Deeper Look video: Bonnie Bernard. In this piece, Bonnie Bernard speaks about our natural capacity for resilience. Write your responses, using examples from the video and your own experiences.

1. Based on the video, how would you explain what resilience is? Imagine you're talking to a little kid. How would you describe resilience so that he or she can understand it?

2. Bonnie Bernard says that resilience means "you have the power to change your life and to make your life different." Think about a time when you were unhappy with how things were going in your life. What could you do to change your life and make it better? Who might you ask for help?

3. Ms. Bernard tells us that resilience is an innate quality, something that we're born with. What are some of your innate qualities that make you who you are? How do those qualities help you?

4. Bonnie Bernard talks about the myth that children with challenges will not succeed. What is a myth? What is another myth that adults tell about children? Do you think that the myth is accurate or inaccurate?
