



- Staff Activity -

The Power of Resiliency

Objective: Be able to identify the characteristics that make “Poppy” Resilient

Estimated Time: 15 - 30 Minutes

Materials: YouTube Video <https://www.youtube.com/watch?v=IFuFm0m2wj0> Speakers, Projector, lyrics for Close Reading “Get Back Up Again” Anna Kendrick Songwriters: Benj Pasek, Justin Noble Paul Get Back Up Again lyrics © Universal Music Publishing Group

Purpose: To create a discussion about the power of resiliency.

See an Example of Resilient Behavior:

Hand out the printed lyrics to the song and play the video. People may annotate the text during the song. Ask participants to think about if they believe Poppy is resilient. Then engage the group in the following questions for discussion.

Question 1: **Is resiliency a characteristic that describes Poppy?**

How do you know? What evidence from the text supports your answer?

Question 2: **Using what you know about Poppy? What is resiliency?**

What does it mean to be resilient? Why is resilience important?

Question 3: **Compare a time when you were resilient?**

Why were you resilient? Did it help you in this circumstance?

Question 4: **Why is being resilient important for learning?**

You may want to watch the video again to solidify understanding and allow people to connect other people’s ideas.

Make this a culture in your school and classroom. “Hey, we’re not giving up today...when you knock us over, we will get back up again...”