

BUILDING RESILIENCE

Films – discussion points



HAND OUT

JESS

When Jess was looking in the mirror, what was she thinking?

How was she feeling?

If you were Jess's friend, how might you have known she was feeling this way?

What did Jess do to help herself cope with her feelings?

What else could she be doing?

If you were Jess's friend, what might you advise her to do?

At the end of the clip, what do you think Jess was thinking?

Decide in your group which options you think were helpful for Jess.

How did Jess build her resilience?

PAUL

How was Paul feeling in the beginning?

What might he have been thinking?

If you were his friend, how might you have known he was feeling this way?

What did Paul do to help himself cope with his feelings?

What else could he be doing?

If you were Paul's friend, what might you advise him to do?

At the end of the clip, what do you think Paul was thinking?

Decide in your group which options you think were helpful for Paul.

How did Paul build his resilience?





KYLE

How was Kyle feeling in the beginning?

What might he have been thinking?

If you were his friend, how might you have known he was feeling this way?

What did Kyle do to help himself cope with his feelings?

What else could he be doing?

If you were Kyle's friend, what might you advise him to do?

At the end of the clip, what do you think Kyle was thinking?

Decide in your group which options you think were helpful for Kyle.

How did Kyle build his resilience?

