

## Family Connection



### Resilience

#### Watch

Watch the [video](https://youtu.be/2hZiyJ7bLq4) together (https://youtu.be/2hZiyJ7bLq4).

#### Discuss

Use these questions to start meaningful conversations about resilience.

- What character skills did Dexter demonstrate, and how can we apply those to our own lives?
- What can we learn from resilient animals like Dexter?

#### Activity

Create a Resilience Jar

- Label a jar “Resilience Jar.” Then, have each family member write down a problem they are currently facing or have faced in the past on one side of paper.
- If the problem was solved, write the solution on the back of the paper. If the problem has not been resolved, leave the back blank.
- Place all of the pieces of paper into the resilience jar with the problems facing up.
- Take turns pulling out a piece of paper from the resilience jar during family time. Reflect on lessons learned in resilience and address current challenges as a family unit.