

## Family Connection



### Adaptability

#### Watch

Watch the [video](https://youtu.be/znj_SHxbd1o) together (https://youtu.be/znj\_SHxbd1o).

#### Discuss

Use these questions to start meaningful conversations about adaptability.

- How did Ted's connections with mentors and supportive individuals impact his resilience?
- Share the story of someone resilient you admire.
- Talk about a time you had to be adaptable at home.