

Family Connection



Resilience

Watch

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

Discuss

Use these questions to start meaningful conversations about resilience.

- My story isn't just for amputees," Anglin said. "We all go through trials and tribulations. The word 'impossible' is an illusion behind the word 'possible.'" What have you accomplished or witnessed someone accomplish that initially seemed impossible?
- What are some ways we can encourage each other when we face challenges?

Activity

- Discuss how you can help each other to stay resilient as you work towards your goals.