

# Activity I: Cross the Line

## OBJECTIVE

This activity is an introduction to the qualities that make up resilience. Participants should be able to identify the ways in which they are already resilient in the examples presented.

## TIME

10 min

## DESCRIPTION

Have participants stand in a row facing the opposite side of the classroom.

Read each of the statements found in below aloud to the group. Instruct participants to move to the other side of the room if they agree with the statement.

Have participants who crossed the room return to the same side and begin again.

1. *Cross the line if you have ever smiled at a stranger.*
2. *Cross the line if you feel like you are a part of a group.*
3. *Cross the line if you have a friend that you trust.*
4. *Cross the line if you like trying new things.*
5. *Cross the line if you've ever gotten really mad and wanted to punch something but didn't.*
6. *Cross the line if you're pretty good at knowing how you feel.*
7. *Cross the line if you think you get enough sleep at night.*
8. *Cross the line if you've ever waited a little longer to get what you wanted without becoming overly frustrated.*
9. *Cross the line if you've ever worked through a problem and not done the first thing that came into your head.*
10. *Cross the line if you've ever talked about a problem you were facing and came up with things you could do about it.*
11. *Cross the line if you've ever stayed calm in a hard situation.*

12. *Cross the line if you've ever been proud of yourself.*

13. *Cross the line if you've ever struggled or failed but managed to keep trying.*

14. *Cross the line if you're pretty good at knowing when things are out of your control.*

15. *Cross the line if you've ever noticed when a friend is upset without them telling you.*

16. *Cross the line if you've ever listened while a friend talked.*

17. *Cross the line if you've ever challenged yourself to do something that was hard for you.*

18. *Cross the line if you feel like the choices you make in your life are important.*

19. *Cross the line if you think what you do every day matters.*

20. *Cross the line if you've ever asked for help when you needed it, even if it was hard.*

21. *Cross the line if you have someone in your life you can count on when things get tough.*

22. *Cross the line if you think things will "work out" even when everything is a mess.*

23. *Cross the line if you know you are good at something.*

Inform participants that all the statements made represent resilient qualities and if they even crossed the line once, they have demonstrated that they already use some qualities.

After you have read off each of the "Cross the Line" statements, have participants return to their seats and review the statements, explaining the resilient qualities within each. Emphasis is on the fact that participant already possess' resilient qualities.

