



## **Follow up questions for *Stretch Yourself* Assembly**

**Resilience is the ability to bounce back when things or life isn't going very well. Who are some people that come to mind when you think about resilience?**

**Where in your life could you be more resilient?**

**Regarding *respect*, on a scale of 1-10, (ten being high) how would you rate the respect level at our school?**

**What are some specific examples of disrespect?**

**What could be done to improve the level of respect at our school?**

**Craig talked about responsibility and dealing with mistakes. He said that mistakes are great moments when we learn and grow. He also said there is a difference between a great moment and a reckless moment. In your opinion, what's the difference?**

**What's the advantage of taking responsibility of your actions or mistakes?**

**Have you ever made a mistake while trying to do something worthwhile and instead of learning from it, dwelled on it so long you were afraid to try again? Please share with the group.**