

Power Tool #3: RESILIENCE

Step 1: Words to Know

Directions: Review and master each term before watching the video.

TERM	DEFINITION
Researchers	people trained to investigate a subject or situation to discover the reason for it
Define	to specify something exactly or in an unchanging way
Courage	the quality of mind or spirit that enables a person to face difficulty, danger, or hard situations
Focus	to concentrate or pay attention
Magical	based on illusions or deceptive practices
Temporary	lasting for only a particular time; not permanent
Changeable	not in a constant state; not always the same
Permanent	going on without significant change; lasting for a long, indefinite period of time

Step 2: Watch the Video: Power Tool #3 - RESILIENCE

Directions: Access the video from the Crossover Training web site: www.crossovertraining.org. Go to Power Tools and then click on Power Tools Units.

Step 3: Memorize Power Pledge Verse

Directions: You must memorize this verse of the Crossover Power Pledge.

I have Resilience. Problems are **temporary** and **changeable**.

Step 4: Take the Power Tool #3 - Resilience Quiz

Directions: Access the quiz from the Crossover Training web site: www.crossovertraining.org. Go to Power Tools and then click on Power Tools Units. There are two quiz levels. Junior quizzes are for elementary grades through sixth grade. Pro quizzes are for grades seven through high school.

Step 5: Recite Power Pledge Verses Learned So Far

Directions: You must successfully recite all the verses of the Power Pledge you have learned so far to a Crossover tutor or staff member in order to have it signed off on your Power Tools Log.

Hints: I am a powerful person ... I have GRIT ... I have OPTIMISM ... I have RESILIENCE ...