Discussion questions for club leaders following the youth version video on brain science & resiliency

1) What are some initial thoughts or questions you have after watching the video?

Discussion ideas: Encourage discussion regarding ideas, thoughts and questions the youth share.

2) Can you think of a time that you faced a new challenge, skill, or obstacle and with practice and support were able to overcome the challenge, learn the skill, or get a good grade in something you struggled with previously?

Discussion ideas: After watching the video can you visualize your brain strengthening those connections as you worked hard and practiced? How is it helpful to know a little more about how our brain connections work when we are learning something new or challenging? How do you think knowing this information can help you in the future? (Possible answers to look for may include; help to face new challenges and/or not avoid new challenges or trying new things, etc.)

3) What does the word resilience mean, what does it mean to have resiliency?

Discussion ideas: If may be helpful to have resilience or resiliency terminology prepared to share. There are many different ways resilience and resiliency are defined when you read on the subject, some possible responses to look for and encourage may be: Resilience/Resiliency=the ability to recover quickly from difficulties; toughness, the ability to face stress and cope, the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity, etc.

4) Why is it important to have resilience? How can this help you to achieve your goals in school, sports, 4-H, music, other activities, etc.?

Discussion ideas: Encourage discussion and ideas, thoughts and questions the youth share. Resilience can help us to face challenges, continue to move forward, gives us hope/strength, with the knowledge that we can overcome obstacles. Resilience is supported by the healthy relationships in your world.

5) Who are the supportive relationships in your world that have helped you to overcome barriers, work through difficult tasks or problems and help you to build resilience?

Discussion ideas: Some possible answers to look for beyond family (Mom & Dad, etc.) may be teachers, 4-H Club leaders, coaches, mentors, family friend, etc.

6) How can you apply what you have learned in the video, and our discussion today to your learning and growing in 4-H?

Discussion ideas: Does this help you to think differently about trying a new challenge, project idea, citizenship activity, applying for a new opportunity, etc.?