

Name _____

Strength Through Healing Answer Key

1. Resilience means continuing to move forward and grow after a loss.
2. People begin to heal by accepting support, expressing feelings, and taking small steps forward.
3. They may write, volunteer, or help others who are grieving.
4. Healing takes time, and resilience means finding strength and meaning through challenges.
5. Answers will vary; must show personal insight into perseverance or emotional strength.

Teacher's Guide:

- **Differentiation Tips:** Offer sentence starters for students who need writing support (e.g., "Resilience means...", "One way people heal is..."). Read the passage aloud for auditory learners and discuss vocabulary like "resilience" and "perseverance."
- **Engagement Idea:** Have students create a "Resilience Wall" where they write or draw one way they stay strong during hard times.
- **Extension Activity:** Ask students to research or write about a famous person who showed resilience after a loss and share what they learned.
- **Support Strategy:** Encourage open conversation and normalize a range of feelings. Remind students that resilience is not about being perfect but about growing stronger, step by step.