



# **BUILDING RESILIENCE THROUGH THE INSPIRATION OF THE INVICTUS GAMES**

Psychology, Social & Emotional  
Lesson Plans  
Grades 9 – 12

# Building Resilience Through Inspiration

In 1875, English poet William Ernest Henley wrote *Invictus*, a poem that has long served as inspiration for those facing adversity or challenges in their lives. The word *Invictus* means “unconquered”.

I AM is the motto for the Invictus Games and is inspired by the last two lines of *Invictus*: “I am the master of my fate: I am the captain of my soul.” “I AM” reflects and defines the Invictus Games’ core purpose: to provide a platform for personal achievement, to compete not just against each other, but against oneself.

The Invictus Games Vancouver Whistler 2025 (IG2025) will bring together over 500 wounded, injured, and sick military service members and Veterans from around the world on a courageous journey of recovery through the healing power of sport. Learn how their experiences at the Games have transformed their lives and helped them in their quest to be “unconquerable.”

## Objective

Students will be able to analyze various competitors of the Invictus games and determine how they demonstrate resilience. Students will create ways to build and apply resilience skills to their own lives.

## Target Audience

Students in grades 9-12. This lesson would be suited for a Psychology class or in any class where the teacher would like to do an activity on Social & Emotional Learning focusing on resilience.

## Teacher Note

There is no need to assess everything in this package as students will demonstrate their understanding through synthesizing the information in the final essay/paragraph.

When taking photos of your student’s work, make sure there are no student identifiers in the picture.

IG2025 would like you to be part of the Invictus community and post your student’s work on Instagram (@invictusgames25) with the hashtag

**#ShareYourIAM**

*This activity is on the last page of this document.*

# Teacher Notes

## **Introduce The Invictus Games** (20 mins)

1. Introduce the Invictus Games by showing the “Heart of Invictus” trailer (1.55 mins) at <https://www.youtube.com/watch?v=BeJuxMYhmEc>  
This allows students to experience the competitors’ resilience and passion as well as the excitement of the Games.
2. Give students **“The Invictus Games: Student Information Handout”**. Either go over the handout with the class or have them read it independently.
3. Ask students to go back to the handout and **highlight or underline three things that stood out for them**. It could be things they have further questions about, things that surprised them or things that inspired them.
4. Have them **discuss in small groups one thing** they highlighted/underlined. They should read the phrase to the group and explain why this grabbed their attention.

## **Build Resilience Through Inspiration**

This unit is best taught when teacher and students work together to go through the handouts. Scaffolding happens when students make meaningful and personal connections to the material. Give time for class and small group discussions as well as time for personal reflections.

### **The Videos**

For the first viewing, show the videos to the class all the way through without stopping so students can see the big picture. On the second viewing, stop the videos when you want to emphasize inspirational moments. Show the class your thinking as you make personal connections to the material. Ask the students to think of their own connections and have them share those in small groups. You can also stop and start the video to discuss the questions on the handouts and give students time to write their answers.

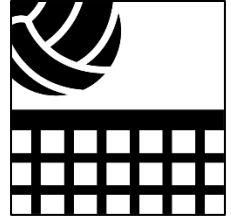
### **Gradual Release Model of Instruction**

Utilize the “I do, we do, you do” strategy when going through the handouts. The “you do” part doesn’t always have to be independent work. Let small groups or partners work through each question so that student discussion is a key part of this unit. Alternatively, you could divide the work and have small groups teach the information to the class. Choose a variety of strategies to make the readings relevant for the students.

# THE INVICTUS GAMES STUDENT INFORMATION HANDOUT

Watch “Heart of Invictus” Trailer (1.55mins)

<https://www.youtube.com/watch?v=BeJuxMYhmEc>



## Overview

The Invictus Games Vancouver Whistler 2025 celebrates the unconquered human spirit of military service members and Veterans who are wounded, injured, or sick. From February 8 – 16, 2025, over 500 of these heroes will travel from up to 25 different nations to Vancouver and Whistler for the first-ever Winter hybrid Games. These service members will compete in 11 different sports to support their journey of recovery with their family and friends cheering them on from the sidelines.

‘Invictus’ means unconquered and embodies the fighting spirit of the participants, as well as their motivation to move on with their lives, and to not let themselves be defined by their struggle.

This 7<sup>th</sup> edition of the Games will be held on the traditional territories of the Liłwat7úl (Lilwat), x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam), S<sup>k</sup>wxwú7mesh (Squamish) and səilwətał (Tseil-Waututh) Nations. The Invictus Games Vancouver Whistler 2025 are working closely with the Nations to ensure they respond to Canada’s Truth & Reconciliation Commission Calls to Action and to ensure Indigenous protocols are respected in all aspects of the Games.

## Inspiration Through Poetry

In 1875, English poet William Ernest Henley wrote *Invictus*, a poem that has long served as inspiration for those facing adversity or challenges in their lives. The word Invictus means “unconquered”.

I AM is the motto for the Invictus Games and is inspired by the last two lines of *Invictus*: “I am the master of my fate: I am the captain of my soul.” I AM reflects and defines the Invictus Games’ core purpose: to provide a platform for personal achievement, to compete not just against each other, but against oneself.

The Invictus Games provides a platform for the injured, and sick military service members and Veterans from around the world to embark on a courageous journey of recovery through the healing power of sport. Learn how their experiences at the Games have transformed their lives and helped them in their quest to be “unconquerable.”

Want to learn more about the transformative powers of the Invictus Games and feel the emotion, strength and perseverance of the competitors?

**Watch “Heart of Invictus” on Netflix**



# Why is Resilience Important?

There is one thing about life that everyone can count on and that is that change is unavoidable. Author John Maxwell stated, "Change is inevitable, growth is optional." This may seem a bit harsh given all the types of life changes a person may experience. Many life-changing events may occur during your teenage years. Things such as divorce, losing a pet, moving schools or cities, loss of a loved one, friendship challenges, academic problems or attending a new school all create stress. Even changes like getting your first job, graduating, applying for colleges and learning to drive are all exciting, yet they too can create stress.

The other thing about change, is that this aspect of life will carry on well into your adulthood. It is important to develop resilience skills now because as Michelle Obama said, "Life is practice" and you need to "practice who you want to be every single day". As an adult, you need to be resilient because there is a lot of hard stuff coming your way. Hence the saying, "Adulthood is no fun". That isn't entirely true, adulthood can be fun but life does come with a lot of challenges.

To be resilient as an adult, you need to practice these skills as an adolescent. Becoming resilient requires a lot of practice. Just as if you were trying to be a better baseball player, a better saxophone player, or better at math, you have to put in the time and effort. These things do not just happen. People don't wake up one morning as a great mathematician - not at all! They take interest in numbers from a young age by counting everything in sight. In elementary school, they start playing math games in their head. In high school, they do math problems just for fun - I know, hard to believe. At university, they take all the math courses they can get their hands on. Mathematicians have been practicing math their entire lives. Having strong resilience skills happens the same way.

To build resilience, you want to cultivate an internal locus of control. This means that you have the belief that you can change your outcome. You do not think, "Why does everything happen to me?" This would be considered an external locus of control. Rather, by using an internal locus of control, you think, "This is bad, but I can do something about it. I can do something to change this situation." Think of the saying, "When life gives you lemons, make lemonade."

Having this philosophy of life is crucial. An event can be traumatic for one person, yet not for another. Why is that? The simple answer is because it is based on each person's perception of the event. If something is viewed as a threat, it will cause worry, rumination and become a self-fulfilling prophecy. If you view the event as a challenge that will help you learn and grow, this will increase your resiliency skills.

As you go through this unit on the Invictus Games and Resilience, you will see competitors who have overcome life changing events with incredible challenges. These people are the epitome of resilience. These are people we can learn from. These people are the "Heart of Invictus".

Bad things happen and do not get me wrong. I am not saying that those who suffer are not resilient and they need to do better. However, your success, health and happiness in life is greatly improved if you have the ability to be resilient. This is why it is crucial for you to start practicing resilience. When something knocks you down, get back up. As Taylor Swift said when her album didn't get any Grammy nominations in 2018, "This is good. This is fine. I just need to make a better record." When something doesn't go your way, have the difficult conversation and learn from it. When life gets hard, look to the poem, Invictus. Remember the last lines. "I am the master of my fate, I am the captain of my soul".



# The 7 C's of Resilience

Name: \_\_\_\_\_

1. With your group, choose one of the 7 C's to discuss. Let your teacher know, so that each group in your class is discussing a different word.

- Confidence
- Competence
- Connection
- Character
- Contribution
- Coping
- Control

- a) Discuss what you think your word means relative to being resilient. Come up with as many points as you can think of.
- b) Create 2 different examples of how your word relates to resiliency.

*Record below everything that you discuss in your group and be specific.*

2. You will present your ideas to the class. Each person in your group needs to have a speaking part. Decide who will say what and each person should record what they are going to say below.

## **My speaking part:**

3. Each person in your group should fill out the chart called, "7 C's of Resilience" for your word. For instance, if your word is competence, every person in your group fills out the competence section.
4. Present to your class. Share your ideas slowly so that your classmates can write down the information in their own charts.
5. As you listen to other groups present, write down in your "7 C's of Resilience" chart as well. Be as detailed as possible.



# 7 C's of Resilience

Name: \_\_\_\_\_

## Instructions:

*Fill in and elaborate on the meaning and examples for the word your group discussed. As you listen to the other groups present their word, take notes to complete the table.*

Term	Meaning and How This Relates to Resilience	Examples
Confidence		
Competence		
Connection		
Character		
Contribution		
Coping		
Control		

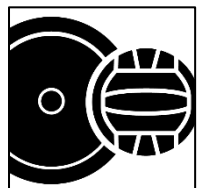
# The Invictus Games the Hague 2020 Highlights

Name: \_\_\_\_\_

The Invictus Games are an example of how sport helps wounded Veterans recover. When a military service member becomes injured or unwell, and they can no longer work or are struggling to continue with their career path or life's mission, they often lose their sense of identity. The Invictus Games foster a sense of community, give people hope, show people that they are strong, give people tools to help their recovery, and help people believe in themselves.

**Watch this video, "The Invictus Games the Hague 2020 Highlights" to see what the Invictus Games are all about** (2.46 mins) <https://vimeo.com/802459241>

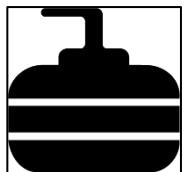
1. Watch the video again and stop and start the video as needed. Collect evidence of how there is a sense of community among the competitors and their families. You will see examples of this throughout the video, so keep coming back to this question to fill in more information.
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
2. At *00.16* listen to the quote, "Invictus is a great opportunity to take a new deep breath for new life. With a strong spirit, everything will be good". Does this competitor have an internal locus of control, or an external locus of control (from "Why Is Resilience Important?")? Explain and be specific.
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
3. Watch the sprinter at *00.46*. What is her purpose for being part of the Invictus Games?





# The Invictus Games the Hague 2020 Highlights (pg2)

4. Watch Gabe at 01.06. His family member talks about him being able to “go beyond what he thought he could do”. Gabe, himself says, “Invictus to me? This has only just begun”. Looking at these two statements, what do you think he meant by, “This has only just begun”?
5. At 1.21 a competitor says, “Whatever happens in your life, you’ll always have a chance. Life is good”. What locus of control is she demonstrating? How does this relate to John Maxwell’s quote, “Change is inevitable, growth is optional”?
6. At 01.35, a competitor states, “It can be a beautiful life after injury. It can be just as good as the life before it.” Another person goes on to recite from the poem Invictus saying, “I am the master of my fate, I am the captain of my soul”. How do these two statements relate to each other?



# The Invictus Games the Hague 2020 Highlights

## ANSWER KEY

The Invictus Games are an example of how sport helps wounded Veterans recover. When a military service member becomes injured or unwell, and they can no longer work or are struggling to continue with their career path or life's mission, they often lose their sense of identity. Invictus Games foster a sense of community, give people hope, show people that they are strong, give people tools to help their recovery, and help people believe in themselves.

**Watch this video, "The Invictus Games the Hague 2020 Highlights" to see what the Invictus Games are all about** (2.46 mins). <https://vimeo.com/802459241>

1. Watch the video again and collect evidence of how there is a sense of community among the competitors and their families. You will see examples of this throughout the video, so keep coming back to this question to fill in more information.

*From 00.00 – 00.15*

- People sitting in groups and talking with one another
- People hugging
- Stadium full of cheering people
- Country teams

*From 00.25 – 00.44*

- Speaker talks about being one team and one family
- Competitors working out together
- Speaker says "we cannot act in isolation we need to do things together"
- One bicyclist helps another team member along

2. At 00.16 listen to the quote, "Invictus is a great opportunity to take a new deep breath for new life. With a strong spirit, everything will be good". Does this competitor have an internal locus of control, or an external locus of control? Explain and be specific.

*This competitor has an internal locus of control. He is using the opportunity of the Invictus Games, but he is focusing on "taking a deep breath for new life". He recognizes that he has to be strong within when he discusses having a "strong spirit". He knows he can make a good life for himself.*

3. Watch the sprinter at 00.46. What is her purpose for being part of the Invictus Games?

*The sprinter says it is for her and her kids. She wanted to show them that "no matter what life throws at you - you just pick yourself up and go for it". She also wanted to make her kids proud.*

# The Invictus Games the Hague 2020 Highlights

## (pg2) ANSWER KEY

4. Watch Gabe at 01.06. His family member talks about him being able to “go beyond what he thought he could do”. Gabe, himself says, “Invictus to me? This has only just begun”. Looking at these two statements, what do you think he meant by, “This has only just begun”?

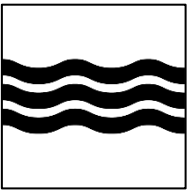
*Gabe was more successful than he thought he could be and now has more confidence in himself. He realizes this is just the beginning of what he can do and that with his inner strength, he will keep pushing forward.*

5. At 1.21 a competitor says, “Whatever happens in your life, you’ll always have a chance. Life is good”. What locus of control is she demonstrating? How does this relate to John Maxwell’s quote, “Change is inevitable, growth is optional”?

*She is demonstrating an internal locus of control as she is saying you always have the chance to make your life better. This relates to the quote as she is recognizing bad things can happen that change your life, but you have a chance to grow and make your life good again.*

6. At 01.35, a competitor states, “It can be a beautiful life after injury. It can be just as good as the life before it.” Another person goes on to recite from the poem, Invictus, saying “I am the master of my fate, I am the captain of my soul”. How do these two statements relate to each other?

*The poem Invictus is saying that you control your fate, you control what happens in your life. You also control your spirit which is how you perceive things, how positive your outlook is. The man who stated, “It can be a beautiful life” is exemplifying the quote from the poem. He is looking at his life with a positive spirit, and he knows he can control his destiny.*



# Heart of Invictus Trailer

Name: \_\_\_\_\_

Watch the Netflix trailer of the documentary called, **Heart of Invictus** (1.54 mins) at <https://www.youtube.com/watch?v=rQ3DkBUrEPk&t=4s>

1. Watch the video again. From 0.00 – 1.44, Prince Harry states, "It is here at the Invictus Games that you realize, whatever you carry, it was the springboard that propelled you to the next level." Discuss and record what you think he meant by this quote.
2. At point 0.14, it states, "The Games do not focus on what causes the injury but really about the recovery and how to be part of a community again." Focus on the key words: causes, recovery, community. Discuss why you think this is important for the competitors? Think about mindset and locus of control (from "Why is Resilience Important?").
3. At 1.02, Prince Harry states, "If your goal was to make your country proud, you've done it. If your goal was to make your family happy, you've achieved it. You are people of substance, of resilience, of strength. You have the heart of Invictus". Look at each line separately, and below write down which of the 7 C's that phrase represents.

If your goal was to make your country proud, you've done it. \_\_\_\_\_

If your goal was to make your family happy, you've achieved it. \_\_\_\_\_

You are people of substance, of resilience, of strength. \_\_\_\_\_

You have the heart of Invictus. \_\_\_\_\_

# Heart of Invictus Trailer **ANSWER KEY**

Watch the Netflix trailer of the documentary called, Heart of Invictus (1.54 mins) at <https://www.youtube.com/watch?v=rQ3DkBUrEPk&t=4s>

1. Watch the video again. From 0.00 – 1.44, Prince Harry states, “It is here at the Invictus Games that you realize, whatever you carry, it was the springboard that propelled you to the next level.” Discuss what you think he meant by this quote.

*Prince Harry meant that the competitors all have deep struggles, but they use those challenges as a source of strength. They didn't feel sorry for themselves, but they were determined and worked hard to rise above their injuries.*

2. At point 0.14, it states, “The Games do not focus on what causes the injury but really about the recovery and how to be part of a community again.” Focus on the key words: causes, recovery, community. Discuss why you think this is important for the competitors? Think about mindset and locus of control (from “Why is Resilience Important?”).

*It is important to not focus on the cause of the injury because this would make the competitors re-live the traumatic event. It would also have them focus on the external factors thus risking them falling into a trap of an external locus of control. Also, focusing on the event would put them into a negative mindset. But in focusing on the recovery, they will have more control over their future – as in, “I can DO THIS”. It is crucial for people to feel that they are part of a community because they know that others understand exactly what they are going through. Also, they can help push each other with their training and be there if someone is having mental health difficulties.*

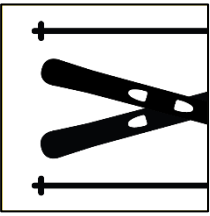
3. At 1.02, Prince Harry states, “If your goal was to make your country proud, you’ve done it. If your goal was to make your family happy, you’ve achieved it. You are people of substance, of resilience, of strength. You have the heart of Invictus”. Look at each line separately, and below write down which of the 7 C’s that phrase represents.

If your goal was to make your country proud, you’ve done it. Contribution

If your goal was to make your family happy, you’ve achieved it. Connection

You are people of substance, of resilience, of strength. Coping, Competence

You have the heart of Invictus. Control



# Beyond The Finish Line

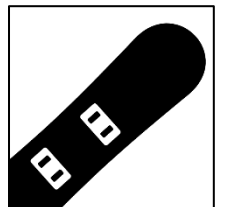
Name: \_\_\_\_\_

Read the pdf file called, "Beyond The Finish Line: Research Insights from the Invictus Games Longitudinal Study" at <https://s31949.pcdn.co/wp-content/uploads/INVICT1.pdf>

1. Read the beginning quote from Brigid Baker, "I am now more willing to give things a go without the fear of failure when I am among veterans with similar experiences and injuries." Which of the 7 C's (from the "7 C's of Resilience") does the beginning quote relate to? Explain your thinking.
2. Read the quote from Michelle Turner, "I never thought I'd ever be in a position to help others because I was the one needing the help, yet the Invictus Games have aided my recovery in a way I could only ever dream of." Which of the 7 C's does the beginning quote relate to? Explain your thinking.
3. Look under the "Insights" subheading. Put the first bullet point finding in your own words. The word psychosocial may be new to you. As per the Merriam-Webster Dictionary, it means "involving both psychological and social aspects relating to mental health". For the sake of this assignment, in your mind, substitute the word psychological for psychosocial.
4. What does "post-traumatic growth" mean and how does it relate to John Maxwell's quote which stated, "Change is inevitable, growth is optional"? Also discuss how it relates to "I am the master of my fate, I am the captain of my soul" from the poem, *Invictus*?

## Beyond The Finish Line (pg 2)

5. Read the section about Michelle Turner. What symptoms and issues did she have as a result of her heart condition?
6. In what other ways does Michelle give evidence for “contribution” (from the “7 C’s of Resilience”), besides the evidence you discussed in question #2? Explain using specific details from the reading.
7. Read Brigid Baker’s story. She is going through the “injury recognition process” for PTSD which means she is trying to have her disability recognized by the military so she can receive help and benefits for her issues. What are her symptoms of PTSD (Post Traumatic Stress Disorder)? Look up any terms you haven’t heard before and explain what they mean for Brigid.
8. Explain how Brigid demonstrates “control”, one of the 7 C’s of Resilience? Explain using specific details from the reading.







# Beyond The Finish Line **ANSWER KEY**

Read the pdf file called, "Beyond The Finish Line: Research Insights from the Invictus Games Longitudinal Study" at <https://s31949.pcdn.co/wp-content/uploads/INVICT1.pdf>

1. Read the beginning quote from Brigid Baker, "I am now more willing to give things a go without the fear of failure when I am among veterans with similar experiences and injuries." Which of the 7 C's does the beginning quote relate to? Explain your thinking.

*This quote relates to community. It shows that this competitor feels safe and supported when she is around other people who understand her experience.*

2. Read the quote from Michelle Turner, "I never thought I'd ever be in a position to help others because I was the one needing the help, yet the Invictus Games have aided my recovery in a way I could only ever dream of." Which of the 7 C's does the beginning quote relate to? Explain your thinking.

*This quote relates to contribution. She never thought she could help anyone else because she badly needed help. As a result of the Invictus Games helping her recover, she can now help others.*

3. Look under the "Insights" subheading. Put the first bullet point finding in your own words. The word psychosocial may be new to you. As per the Merriam-Webster dictionary, it means "involving both psychological and social aspects relating to mental health". For the sake of this assignment, in your mind, substitute the word psychological for psychosocial.

*The first finding was that competitors improved their psychological and physical health better than those who did not participate in the Games. This shows that sport may greatly help people who are recovering from all kinds of traumatic events.*

4. What does "post-traumatic growth" mean and how does it relate to John Maxwell's quote which stated, "Change is inevitable, growth is optional" Also discuss how it relates to "I am the master of my fate, I am the captain of my soul" from the poem, *Invictus*.

*Post-traumatic growth means that some people can experience positive change and growth from life changing and harmful events even though the event is traumatic. It also clarifies that this can happen "under certain circumstances". This relates to the Maxwell quote as a person CAN with their inner strength, get through traumatic events. It relates to Invictus in that with an internal locus of control, a person can control how an event affects them.*

## Beyond The Finish Line (pg 2) **ANSWER KEY**

5. Read the section about Michelle Turner. What symptoms and issues did she have as a result of her heart condition?

*Michelle had PoTS which would cause her heart rate to rise dramatically, and she would collapse without any warning. She was also afraid of falling and hurting herself, so she never left her home. She had collapsed 50 times and was hospitalized because of this.*

6. In what other ways does Michelle give evidence for "contribution", besides the evidence you discussed in question #2? Explain using specific details from the reading.

*Michelle's story fits under the "contribution" category because she wanted to be a role model for her daughter. She wanted her daughter to think of her as someone "who never gives up". She also now volunteers with the Invictus Games to help other wounded veterans. She is giving back to the organization that helped her recovery and she is now helping others.*

7. Read Brigid Baker's story. She is going through the "injury recognition process" for PTSD which means she is trying to have her disability recognized by the military so she can receive help and benefits for her issues. What are her symptoms of PTSD (Post Traumatic Stress Disorder)? Look up any terms you haven't heard before and explain what they mean for Brigid.

*Brigid suffers from severe anxiety, major depressive disorder, hearing loss, and degenerative disc disorder which is when your spinal discs wear down resulting in neck and back pain. She also has other physical disabilities.*

8. Explain how Brigid demonstrates "control", one of the 7 C's of Resilience? Explain using specific details from the reading.

*After the Invictus Games, Brigid went on to join her local athletic club and competed in state and national competitions. She began indoor rowing and swimming. She is also part of a wheelchair rugby league. Brigid is taking control of her life and continues to offer support, friendship and guidance to others.*

## Beyond The Finish Line (pg 3) **ANSWER KEY**

9. Brigid discusses her loss of identity. Find the quote that gives evidence of this and write it below. Which of the 7 C's helped her find new purpose? Find the quote that demonstrates this and write it below. Hint: this information is not *explicitly* stated, rather it is *implied*: meaning you need to "read between the lines".

*The quote that shows Brigid had lost her identity was when she said, "I have had great difficulty since being discharged and finding a place to belong again."*

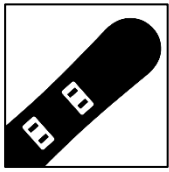
*The 7 C that helped her find her new purpose is community. The quote that demonstrates this is, "This experience has given me the courage to get out there again and find enjoyment in things once more".*

10. Read Martin Hailstone's story. What were his injuries and symptoms? Look up and explain how these injuries might possibly affect him.

*Martin had several fractured vertebrae in his neck and back which causes severe back pain. He also had a spinal cord injury which may cause pain, shortness of breath, bladder and bowel problems. On top of that he had traumatic brain injury which could cause headaches, nausea, fatigue, dizziness, blurred vision, memory and concentration problems.*

11. What evidence is there that Martin demonstrated "coping" one of the 7 C's of recovery? Look for both *implied* and *explicit* evidence (eg: quotes).

*It took many years of rehabilitation for Martin to come to grips with his injuries and his symptoms. Part of that rehab was competing in the Invictus Games. After that, Martin went on to compete in many marathons. This showed that he developed coping strategies to rise above his challenges. He also stated, "This event gave me the aim and purpose to progress my physical recovery, as well as boosting my confidence and self-belief once more." He also competed in the Algarve Challenge which "...once again, challenged himself both physically and mentally in preparation for the event."*



# Case Study Assignment

Name: \_\_\_\_\_

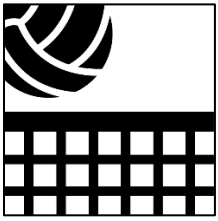
Go to the Invictus Games Foundation website and look at the tab called, "Case Studies" at <https://www.invictusgamesfoundation.org/case-studies>

Find a competitor that interests you and fill out the chart below. Their information will not be explicit, so you will have to put yourself in their shoes. Imagine how their injuries affected their lives and what they had to overcome to create a new life for themselves.

When filling in the example, you can quote from their bio or write what you THINK would have given them confidence, or the feeling of competence, or contribution, etc. For example, if they have participated in a race after the Invictus Games, you could conclude that their training schedule for the Games gave them a sense of CONTROL over their life.

**TRY TO COME UP WITH A DIFFERENT EXAMPLE FOR EACH TERM.**

Term	Example
Confidence	
Competence	
Connection	
Character	
Contribution	
Coping	
Control	



# Developing YOUR Resilience

Name: \_\_\_\_\_

1. Which of the 7 C's focuses on "locus of control" (from "Why Is Resilience Important?")? \_\_\_\_\_
2. Do you believe.....? Put "yes" or "no" after each sentence. People will usually have a mix of "yesses" and "no's"
  - a. The grade that you receive on an assignment is largely based on if you have a good relationship with the teacher or not?
  - b. The students that do well in school are just naturally smart?
  - c. I can't do \_\_\_\_\_ (fill in the blank: math, languages, science, writing, etc.)
  - d. The teacher's favorite students always get high grades?
  - e. I did poorly on that test because I was having a bad day.
  - f. There is nothing I can do to get a better grade in \_\_\_\_\_ (fill in the blank).
  - g. The teacher always picks on me (or another student in the class) for no reason.
  - h. I am not doing well in \_\_\_\_\_ (fill in the blank) because the teacher is a horrible teacher.
3. How does "locus of control" relate to the line, "I am the master of my fate. I am the captain of my soul?"
4. If you answered "yes" to any of the sentences above, try to change that to be a phrase that represents an internal locus of control. Do this for all that you answered "Yes" to. If you already have a strong internal locus of control, write down the phrases you regularly tell yourself.
5. If you are trying to work on your resilience skills, why do you think it is important to begin with your "locus of control"?

## Developing YOUR Resilience (pg 2)

6. Think about your own life and find examples of how you have shown evidence for each of the 7 C's of Resilience. If you cannot think of anything from your own life for some of the examples, write what you COULD do instead. Look back to your chart, "7 C's of Resilience".

<b>Term</b>	<b>Meaning (be brief)</b>	<b>My Life Example</b>
Confidence		
Competence		
Connection		
Character		
Contribution		
Coping		
Control		

**7. Write an Essay or a Paragraph** answering the question below.

Use the information in your chart as specific examples. You do not have to discuss all 7 resilience terms, choose what is most meaningful to you.

***How are YOU, 'The master of your fate, and the captain of your soul'?***

# I AM Campaign

**Invictus Games wants YOU to share your I AM statement and be part of the Invictus community!**

**Watch the video called, "I AM Invictus: #ShareYourIAM" at [https://www.youtube.com/watch?v=O1j\\_vvyNJgs](https://www.youtube.com/watch?v=O1j_vvyNJgs)**

Choose one of the 7 C's that you feel is your strength and choose **one of the statements** below that best represent who you are or create your own I AM statement. Write it on the following page in sharpie or dark thick felt pen.

I AM Confident and Resilient

I AM Competent and Resilient

I AM Connected and Resilient

I AM of Strong Character and Resilient

I AM of Service to Others and Resilient *(This one is for Contribution)*

I AM Coping and Resilient

I AM in Control and Resilient

**Have your teacher take a photo of the I AM page (but do not include your face or name in the photo).**

**Your teacher can share this on Instagram.**



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