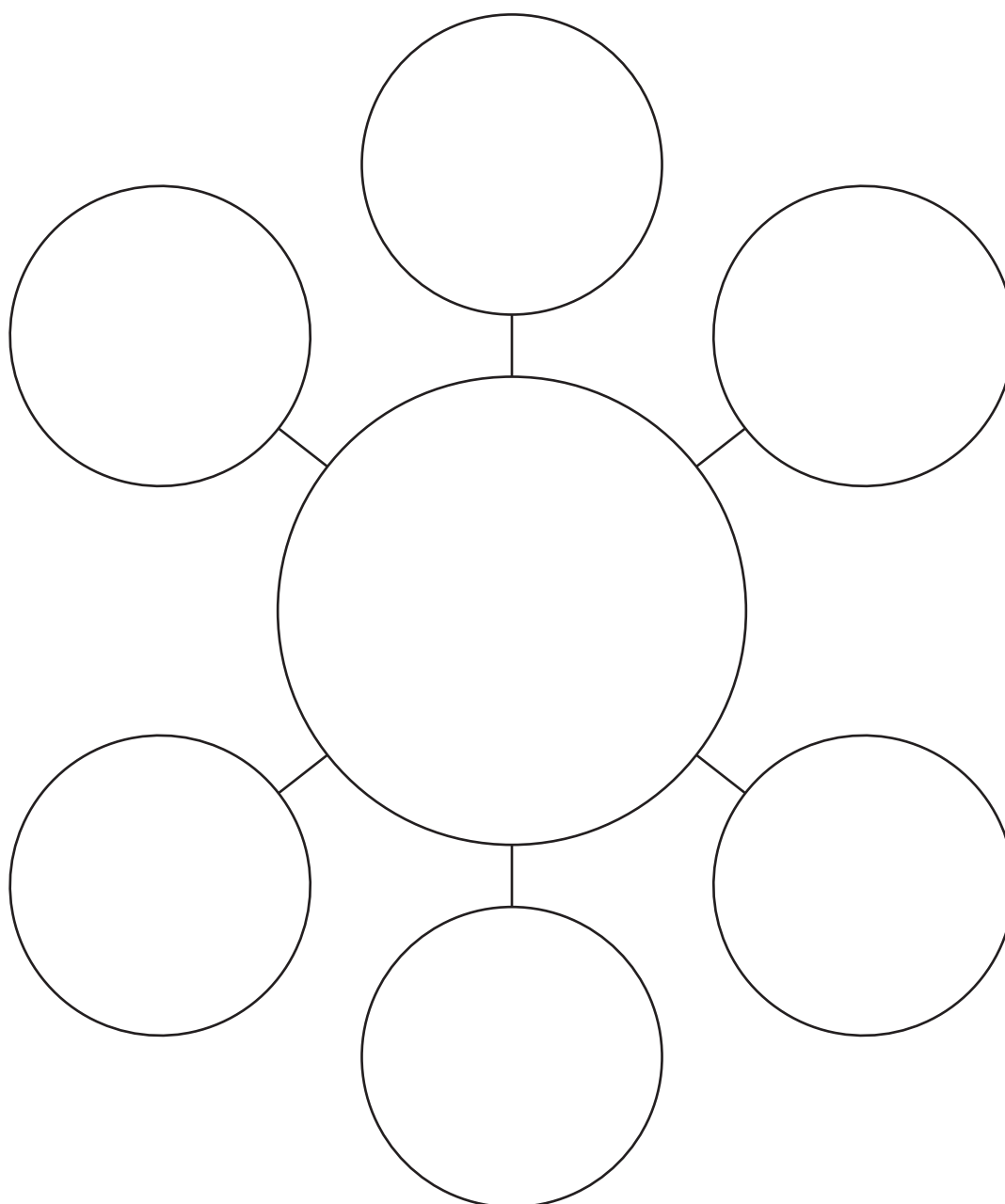


STUDENT ACTIVITY

RESILIENCE

ORIENTATION

Describe the concept of resilience using a bubble map. Place the term 'resilience' in the centre circle, then use single words or short phrases to describe the concept further.



STUDENT ACTIVITY

RESILIENCE

ENGAGEMENT

Using the framework below, identify the elements of the PERMA+ model are reflected in the Resilience video.

PERMA elements	
Positive emotion	
Engagement	
Relationships	
Meaning	
Achievement	



STUDENT ACTIVITY

RESILIENCE

+ elements

Optimism

Physical activity

Nutrition

Sleep



STUDENT ACTIVITY

RESILIENCE

CONCLUSION

Use the RE-AIM template below to evaluate the effectiveness of your personal health action strategy in enhancing resilience. Recommend specific improvements that could be made, and justify them with the using primary and secondary data.

Impact level of strategy	RE-AIM component	Evidence (Primary data)	Why? (Anecdotal evidence)	Recommendations for improvement (Primary and secondary data)
Low-High	Adoption: Was the strategy adopted?			What elements of the strategy might need to be changed? Why?
Low-High	Implementation: Was the strategy implemented as intended?			How could the methodology be changed to enhance the strategy's impact? Why?
Low-High	Maintenance: Will the strategy be sustainable?			What changes might be needed to make the strategy more sustainable? Why?

