



NAME: _____ GRADE: _____ DATE: _____
TEACHER: JENNIFER HUAYNATE MILLAN. UD 3. SESIÓN 1: GOOD HABITS BUILD MY LIFE **COMPETENCIA:** LEE DIVERSOS TEXTOS EN INGLÉS **PROPÓSITO:** IDENTIFY THE IMPORTANCE OF AVOIDING PROCRASTINATION.
CHALLENGE: COMPREHENSION WORKSHEET

Activity 1: Think and answer

1. What do you do when you face a difficult situation?
2. Why do some people give up easily?
3. What does resilience mean to you?

Activity 2: Read the text carefully

Resilience: The Strength to Keep Going

Resilience is the ability to face challenges and continue moving forward despite difficulties. Many students experience problems such as stress, failure, or fear, but resilient people do not give up easily.

For example, a student may fail an exam and feel frustrated. However, instead of quitting, they analyze their mistakes and try again. This process helps them improve and become stronger over time.

In addition, resilience involves making responsible decisions, especially in difficult or risky situations. Knowing when to ask for help and how to avoid danger is also part of being resilient.

In conclusion, resilience is essential for personal growth because it allows people to learn from their experiences and overcome challenges.



Activity 3: Choose the best title

- a) School activities
- b) The importance of resilience
- c) Dangerous situations

Activity 4: Answer the questions

1. What is resilience?
👉 _____
2. What problems do students experience?
👉 _____
3. What does a student do after failing?
👉 _____

4. What is another aspect of resilience?



Activity 5: Write T (true) or F (false) and justify using the text

1. Resilient people give up easily. ()



2. Failure can help students improve. ()



3. Resilience includes making good decisions. ()



Activity 6: Choose the correct meaning

1. "overcome" means:
 - a) avoid
 - b) successfully deal with
 - c) forget
2. "challenge" means:
 - a) problem
 - b) solution
 - c) routine

Activity 7: Answer

Why is resilience important for students?



How can resilience help in real life?



Activity 8: Personal reflection.

How can you be more resilient?





