

Three invaluable tools to boost your resilience | BBC Ideas

ex. 1 Vocabulary from the watching.



ex. 2 Questions to focus on while watching.

1. What is the story of the speaker? How was her resilience tested?
2. Why is it important for a whole country to be resilient?
3. What are 3 strategies that can help us to boost our resilience? What do you think about them?

Place for your notes:

ex. 3 Revision of vocabulary - try to create sentences with then most difficult words.

Source: You Tube —> Three invaluable tools to boost your resilience | BBC Ideas