

THE RESILIENCE DECK: CONVERSATION CARDS

Developed by OneAfricanchild Foundation, 2026

OAC RESILIENCE LENS

Resilience is our ability to adapt, recover, and keep growing when we face challenges, stress, change, or difficult experiences.

Being resilient doesn't mean pretending everything is okay or never feeling upset. It means learning how to manage difficult emotions, think through challenges, ask for help, adapt when things change, and find ways to keep moving forward.

Resilience is not something we either have or don't have. It is a set of skills and mindsets that can be learned and strengthened over time.

HOW THE DECK WORKS

These conversation starters are organized into five areas. Use them to reflect, share ideas, and learn from one another.

1. Understanding Yourself

Knowing your emotions, strengths, needs and values.

2. Navigating Challenges

Problem-solving, adapting, and learning from setbacks.

3. Learning and Academic Resilience

Managing pressure, motivation, and difficult learning experiences.

4. Relationships and Support

Building healthy relationships and knowing when to seek help.

5. Looking Forward

Goal setting, shifting your mindset, and applying resilience in real life.

CREATING A SAFE SPACE

Before we begin, let's agree on how we want to treat ourselves and one another.

1. Be Honest

2. No Judgment

3. Be Present

4. Listen to Understand

5. Respect Different Perspectives

6. Share What You're Comfortable Sharing

7. Give Everyone a Voice

8. What's Shared Here, Stays Here

What is
something about
you that makes
you unique?

How do you see
yourself compared
to how someone
who knows you well
sees you?

What is something
you are good at that
you don't always
give yourself credit
for?

What do you do
when you feel
overwhelmed?

What is
something you
wish you were
more confident
about?

What do you do
when you're
having a difficult
day?

Think of a time when
you felt misunderstood.

What did that
experience teach you
about yourself?

When was a time
you were brave even
though you were
scared?

What is something about
yourself that you
sometimes see as a
weakness? How could
you see that same quality
as a strength?

When something
doesn't work the
first time, what
do you usually
do?

What is the
hardest thing
about facing a
challenge?

When should you
keep trying and
when should you
try a different
approach?

What helps you
stay hopeful during
a difficult situation?

What is one
difficult experience
that taught you
something
important?

**What can failure
teach us?**

What do you do
when you don't
understand
something in class?

What helps you stay
motivated when
school work feels
difficult?

How can a mistake
help you become
better at something?

What is something
you used to find
difficult that is easier
now?

How do you respond
when someone else
seems to be doing
better than you?

What's more
important? Getting
the right answer or
learning how to
solve a problem?

What's would you
tell a friend who
says, "I'm just not
good at this"?

Why can it be
difficult to ask for
help?

How would you help
someone who is
going through a
difficult time?

How can we support
someone without
judging them?

**What should you do
when you disagree
with someone you
care about?**

How can being part
of a community
make us stronger?

What qualities make
someone a good
person to turn to
when you need
support?

What are some signs
that a relationship is
healthy (or
unhealthy)?

How can you
communicate a
boundary without
being disrespectful?

How do you know
when something is
not right for you, even
if everyone else is
doing it?

Do you think a person
be strong and still ask
for help? Why?

**What is one goal you
are working towards?**

**What helps you
believe that things
can get better?**

**What does success
mean to you?**

How can difficult
experiences change
the way we see our
future?

What is something
you would like to
learn because you
think it would help
you in life?

What kind of person
do you want to
become when you
face challenges in the
future?