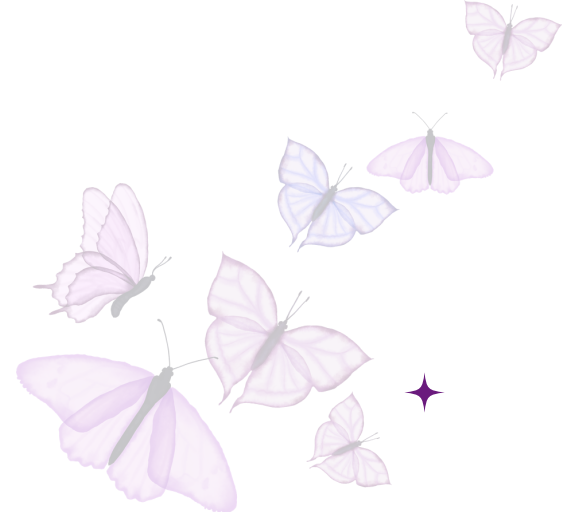




Co-funded by  
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# QUESTIONS AND REFLECTIONS

## Stories 4 Wings

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2024-1-ES01-KA220-ADU-000255317

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Resilience



# Look Me in the Eyes



# Look Me in the Eyes

## Resilience

This document includes a series of **9 questions focused on reflecting** on different aspects related to the story being worked on. The questions are organized into three levels of complexity and depth, as follows:

### Questions 1 to 3

focus on achieving a basic understanding and identification with the story and characters.

### Questions 4 to 6

introduce reflection on the value, skill, or competency being addressed from different perspectives, such as emotional self-exploration or the observation of different attitudes or behaviors.

### Questions 7 to 9

encourage deeper reflection and invite participants to approach the different topics from a symbolic perspective, imagining alternative scenarios or relating them to their possible future attitudes or actions.

Some **recommendations** for using this guide are:

Approach reflection in a **relaxed and open way**, without explicitly announcing the values or competences that the activity aims to explore.

Allow participants to arrive at their own interpretations and conclusions **gradually**.

The activity should create a **safe space**, where emotions, thoughts and opinions are welcome.

There are **no right or wrong** answers.

Participation should never be forced; **silence and listening are also valid** forms of engagement.

# Look Me in the Eyes

## Resilience

1

**Who are the main characters of the story? Do you remember their names?**

This question invites to be aware of the main characters and the importance of their role in history to start to reflect on resilience.



2

**At what point did John change his attitude towards life? What did he realise?**

This question realises the importance of self-observation and self-reflection as a first step to becoming aware of our own attitudes towards life and how another person (or circumstance) can be the trigger for that awareness and the starting point to become resilient.

# Look Me in the Eyes

## Resilience

**3**

**What steps did he take to change his life? How did those changes affect him? What changes have you made in your life that have helped improve it?**

This question reflects on how changes in attitude are related to real, practical changes (and vice versa). Consider the importance of taking small, practical steps: establishing habits, studying, etc. How resilience is not just an abstract idea but practical actions.

**4**

**Why do you think Cris (the deaf cook) is always smiling? Do you think she has reasons to be happy? What reasons would John have to smile?**

This question reflects on what makes us feel good or not, whether it always depends on external circumstances or on our attitude towards life. To be aware of how we are responsible for our lives and that being resilient can be a decision too.

# Look Me in the Eyes

## Resilience

5

**What qualities of each of the three main characters (John, Cris, and Martin) do you like most? And least? Why?**

This question reviews different personal qualities to discuss values, principles, and tools for life. Discuss which of these qualities help us to be more resilient.

6

**What do you think of the other characters in the story (John's family, the gang members, the schoolmates or prison inmates who bullied him)? What do you think their lives were like?**

This question puts us in other people's shoes, even those with negative behaviours. Understanding the relationship between empathy (towards others) and resilience (with oneself).

# Look Me in the Eyes

## Resilience

**7**

**What do you think each main character does to give meaning to their life even with the hard circumstances?**

This question reviews and discuss what things to do or attitudes to have in difficult circumstances to make life worth living (why it is worth being resilient).

**8**

**What would have happened if John had done things differently?  
How do you imagine an alternate history?**

This question proposes to imagine the possible consequences of other decisions made by the protagonist (such as dropping out of school, joining a gang, not learning sign language, not studying art...) and put ourselves in different scenarios and analyse if these attitudes are resilient or not.

# Look Me in the Eyes

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## Resilience

9

**What role do you think art plays in this story? Do you find it valuable? Do you have any artistic medium that helps you express yourself? If you don't express yourself artistically, how can you get your problems and frustrations out?**

This question reflects on the need to find ways to express and release what frustrates or hurts us is an essential part of developing resilience.