



Name: _____

Class: _____ Date: _____

Bouncing Back!

An activity of "Keeping the love of books alive in Afghanistan".

Most owners give up their businesses after major setbacks. However, not even war or destruction could keep this bookstore owner from bouncing back. Read "Keeping the love of books alive in Afghanistan" (page 7, *What's Up* May 2024).

1. Based on the *What's Up* story, use the table below to detail how Mr Rais bounced back. One has been done for you.

Bouncing Back — Mr Rais' Bookstore Story	
a) The situation	
b) Acknowledging his feelings	
c) Taking stock of the the situation	<i>There was still hope. It was an opportunity to start from scratch.</i>
d) Deciding on a plan	
e) Taking action	
f) Seeking support from others	

2. Think of a challenge that you are facing or make one up. In (a) and (b) below, describe the challenge and how it can make you feel. Give your table a title.

Bouncing Back: (My story) _____	
a) The situation	
b) Acknowledging my feelings	
c) Taking stock of the the situation	
d) Deciding on a plan	
e) Seeking support from others	
f) Taking action	

3. In a small group, share members' challenges and brainstorm solutions for each one. Following that, individually complete (c) to (f) in your own table with the solutions you feel would work best for your challenge.