

Family Resiliency Reading Guide

UNBROKEN:

AN OLYMPIAN'S JOURNEY FROM AIRMAN TO CASTAWAY TO CAPTIVE

BY LAURA HILLENBRAND

After reading *Unbroken: An Olympian's Journey from Airman to Castaway to Captive* with your child, use this reading guide to continue the conversation around resiliency at home. In this guide, you will find a description of how this book relates to Resiliency Characteristics, literacy tips, and sample conversation starters for you and your child.

SYNOPSIS

This book follows the true story of Lieutenant Louis Zamperini, an Olympic runner and bombardier, whose plane crashed into the Pacific Ocean during World War II (WWII). The story begins by introducing Zamperini as a child. Readers gain insight into the formative experiences early in Zamperini's life that forged the remarkable **resilience** he later demonstrated in adulthood. From Zamperini's defiant rebellion toward his captors as a prisoner of war (POW) to his unwavering hope for survival and quick thinking when faced with incredible odds, *Unbroken* showcases Zamperini's unbreakable determination and **resiliency**.

LESSONS IN RESILIENCY

- ▶ Lieutenant Louis Zamperini was fiercely determined. He set goals and never gave up, no matter the cost. One instance of this is when Zamperini decided he would go to the 1936 Olympics to compete as a runner. He trained consistently and qualified for the Olympics after competing in just four 5,000-meter races.
- ▶ Lieutenant Louis Zamperini endured tremendous pain and terror after surviving a plane crash during WWII. He was adrift at sea for 47 days before he was rescued. Then, after thinking that he was about to be saved, Zamperini was taken as a POW by the Japanese Navy. Even though he suffered and was tortured by his captors, he proved to be **resilient**. Zamperini never gave up or lost hope during the many challenges and setbacks he faced.

RESILIENCY CHARACTERISTICS



Resilience
Coming back after challenges and setbacks.

RESILIENCY CONVERSATION STARTERS:



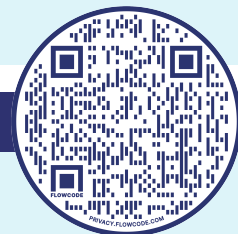
Lieutenant Louis Zamperini embodied **resiliency** throughout his life. This trait is illustrated by his journey as a runner. Despite encountering numerous setbacks and challenges, he persevered relentlessly, refusing to succumb to defeat even when the odds were against him. Discuss with your child examples from the book of Zamperini demonstrating **resilience**. Ask your child which of Zamperini's characteristics apply to his or her own life.



Not only did Lieutenant Zamperini survive a plane crash in the Pacific Ocean, but he also survived POW camps where he faced deplorable conditions and treatment. Discuss the qualities that Zamperini possessed that enabled him to demonstrate **resilience** in these challenging situations. Have your child find examples from the text to support your discussion.

LITERACY TIP

Model reading habits by letting your child see you reading regularly. Be a role model by reading books, newspapers or magazines in your free time. This sets a positive example and emphasizes the value of reading in daily life.



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