



Family Resiliency Reading Guide

"THE ROAD NOT TAKEN"

BY ROBERT FROST

After reading "The Road Not Taken" 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

Robert Frost's poem, "The Road Not Taken," is about a person who is standing at a fork in the road and not sure which path to take. The paths symbolize choices in life: the easy and the more challenging. After deliberation, the person chooses the less traveled and more challenging path. This poem encourages readers to think about the choices they will make and how these choices affect their lives.

LESSONS IN RESILIENCY

- ▶ It takes courage, determination and a willingness to take risks to accomplish your goals. It is not always easy to stick with your plan. Achieving your goals takes **grit**—consistently working toward your long-term goals. The speaker in the poem displays this characteristic when choosing the path that is the "one less traveled." The speaker knew the path would be difficult but chose it anyway in order to reach his or her goals.
- ▶ You will make choices without always knowing what the outcome might be. In situations like this, keep working toward your goals. Even though the person in the poem was unsure which path to take in the beginning, the path that he or she chose "made all the difference" in the end. This poem shows how each decision impacts who you become in life and highlights the importance of responsible decision-making, which requires that you think about all options and outcomes to make the best choices you can.

RESILIENCY CHARACTERISTIC



Grit

Working consistently toward my long-term goals.

RESILIENCY CONVERSATION STARTERS:



As portrayed in the poem, life offers many paths and sometimes it can be difficult to know which direction to go. Setting goals helps people find their direction. Discuss with your child the importance of goals and the **grit** it takes to achieve them.

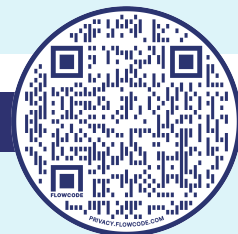


Consistency and perseverance work together with **grit** as people strive for their long-term goals. Talk with your child about a time when he or she demonstrated consistency and perseverance to achieve a long-term goal.

LITERACY TIP

Reading and writing go hand in hand. You can help your child become a stronger reader by encouraging writing at home. After reading a text, encourage your child to write about what he or she read. Your child can do this by:

- ▶ Writing what they learned from the story or how the text made him or her feel;
- ▶ Writing a book review that includes information about what he or she liked and disliked about a book; or
- ▶ Writing a letter to a friend or family member to recommend a book.



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