

# CHASING THE IMPOSSIBLE

STORIES OF RESILIENT PEOPLE  
MAKING THE IMPOSSIBLE  
POSSIBLE



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# TEACHER / PARENT GUIDE

Thank you for downloading the Simone Biles, Resilient Dream Chaser article to inspire your students to become resilient dream chasers.

Simone Biles, a global gymnastics superstar, has captured the hearts of millions with her athletic prowess and unwavering spirit. Beyond her incredible feats, her journey is a powerful testament to resilience and mental health. By exploring her story, students can develop a deeper understanding of these critical life skills.

## Learning Outcomes

- **I'm Possible:** Believe in your own potential and capabilities. Everyone has the power to achieve their dreams.
- **Chase Your Impossible:** Set ambitious goals and don't be afraid to push your limits. With hard work and dedication, anything is possible.
- **Resilience is Key:** Develop the ability to bounce back from setbacks and learn from challenges.
- **Mental Health Matters:** Take care of your mental health by practicing self-care and seeking support when needed.
- **Perseverance Pays Off:** Consistent effort and determination are essential for achieving long-term goals.

## Instructional Steps

1. **Introduce Simone Biles:** Begin by sharing a brief overview of Simone Biles' career and achievements.
2. **Read the Article:** Read the article aloud or have students read it independently. Pause to clarify any unfamiliar vocabulary or concepts.
3. **Discuss Key Points:** Facilitate a class discussion about the article, focusing on:
  - Simone's challenges and how she overcame them
  - The importance of mental health
  - The concept of resilience and its application to everyday life
4. **Deepen Understanding:** Use the teaching points to guide further discussion and exploration of resilience and mental health.
5. **Encourage Reflection:** Ask students to reflect on their own experiences and how they can apply the lessons from the article to their lives.
6. **Promote Discussion:** Utilize the discussion questions to spark conversation and critical thinking.

## Additional Activities

- **Role-playing:** Have students act out different scenarios that require resilience.
- **Journaling:** Encourage students to write about their own experiences with challenges and how they overcame them.
- **Guest Speaker:** Invite a mental health professional or a local athlete to speak to the class about resilience and well-being.

By incorporating the Simone Biles article into your classroom, you can create a powerful learning experience that fosters resilience, empathy, and mental health awareness.

**Note:** It is essential to create a safe and supportive classroom environment where students feel comfortable sharing their thoughts and feelings.

# Stories of Resilience: Simone Biles, A Resilient Dream Chaser

Written by Eddie Cortes

***“Believe in yourself and all that you are.  
Know that there is something inside you greater than any obstacle.”***

– Simone Biles –

Simone Biles is more than just a famous gymnast; she’s a living, breathing example of chasing the impossible and making it possible. She’s a resilient dream chaser who has inspired millions with her incredible talent, unwavering determination, and courageous spirit.



## From Humble Beginnings to Soaring Heights

Born into challenging circumstances, Simone’s journey to stardom is a testament to the power of human resilience. Adopted by her loving grandparents, she discovered a passion for gymnastics at a young age. Little did anyone know that this spark would ignite a fire within her, propelling her towards a future of defying gravity and shattering expectations.

## **Making the Impossible Possible**

Simone's rise to the top of the gymnastics world is nothing short of extraordinary. With each breathtaking flip and twist, she redefined the boundaries of human ability. Her groundbreaking skills and fearless attitude made her a global sensation, inspiring young girls and boys to believe that they too could achieve the impossible.

## **A Champion Inside and Out**

Beyond her athletic prowess, Simone is a champion of the human spirit. At the peak of her career, she faced immense pressure to perform flawlessly. Instead of buckling under the weight of expectations, she made a courageous decision to prioritize her mental health. This act of bravery showcased her strength and vulnerability, making her an even more inspiring role model.

Simone's choice to step back from the spotlight was a powerful message about the importance of self-care. It reminded us all that even the strongest among us need to take care of our minds and bodies. Her ability to bounce back from adversity and return to the sport stronger than ever solidified her status as a resilient dream chaser.

## **The Power of Perseverance**

One of the most inspiring aspects of Simone's story is her unwavering perseverance. Gymnastics is a demanding sport that requires countless hours of practice, dedication, and mental toughness. Simone has demonstrated time and again that with hard work and determination, even the most challenging obstacles can be overcome. Her ability to push through setbacks and continue striving for excellence is a powerful lesson for young people.

It's important to remember that setbacks are a normal part of life. Everyone experiences failures and disappointments along the way. What truly sets successful people apart is their ability to learn from their mistakes and keep moving forward. Simone's career is a perfect example of this. She has faced her share of challenges, but she has always emerged stronger and more determined.

## **The Importance of Mental Health**

Simone's decision to prioritize her mental health has sparked important conversations about the well-being of athletes and young people in general. It's essential for children and adolescents to understand that taking care of their mental health is just as important as taking care of their physical health.

By opening up about her struggles, Simone has helped to reduce the stigma surrounding mental health issues. She has shown us that it's okay to not be okay, and that seeking help is a sign of strength, not weakness. It's crucial for young people to have access to resources and support when they are struggling with their mental health.

## Building Resilience

Resilience is a skill that can be learned and developed over time. It involves a combination of factors, including problem-solving, self-awareness, and emotional regulation. There are many things that young people can do to build their resilience.

- **Practice mindfulness and meditation:** These techniques can help to reduce stress and improve focus.
- **Develop strong relationships:** Supportive friends and family can provide a sense of belonging and encouragement.
- **Set realistic goals:** Achieving small goals can boost self-confidence and motivation.
- **Learn from setbacks:** Instead of dwelling on failures, focus on what can be learned from the experience.
- **Develop a growth mindset:** Believe in your ability to learn and improve.

Simone Biles' story is a powerful reminder that with courage, determination, and a belief in oneself, anything is possible. She has shown us that true champions are not just defined by their wins, but by their ability to overcome challenges and inspire others. Let's embrace our inner resilience and chase our own impossible dreams!

## Discussion Questions

- How did Simone show courage when she chased her impossible dream of becoming a world-class gymnast?
- What does it mean to be resilient? Can you think of a time when you showed resilience?
- How can we support our friends and classmates as they chase their own impossible dreams?
- What are some ways we can practice self-care to take care of our mental health?
- How can we inspire others to believe in themselves and their abilities?

## ABOUT AUTHOR AND YOUTH MOTIVATIONAL SPEAKER EDDIE CORTÉS



With over 20 years of experience, Eddie Cortés is regarded as one of the most engaging elementary and middle school speakers in the youth market. His mission is to empower students to build resilience and a positive self-worth.

This mission is personal. As a middle schooler, Eddie stopped believing in himself. In fact, his negative self-view impacted his grades, relationships, choices, and ultimately his dreams.

This experience is what fuels Eddie's mission. He wants every elementary and middle school student to know that they are worthy of their dreams and have the tools to chase them.

To learn more about Author and Youth Motivational Speaker Eddie Cortés or to invite him to be a guest speaker visit: [www.EDDIECORTES.com](http://www.EDDIECORTES.com)



## ABOUT EDDIE'S I'M POSSIBLE ELEMENTARY SCHOOL PROGRAM

In his fun and interactive presentation titled "I'M POSSIBLE," youth motivational speaker Eddie Cortés will help students realize that they are not defined by their limitations but by their potential. He uses humor, thought-provoking stories, and object lessons to teach elementary and middle school students to build resilience. Eddie empowers them to do hard things and chase their dreams.

Email [info@eddiecortes.com](mailto:info@eddiecortes.com) or visit [www.eddiecortes.com](http://www.eddiecortes.com) to learn more I'M POSSIBLE or invite Eddie Cortés to be a guest speaker at your next school assembly.