

Rise

March

This help me not be saying what to do
 and how should we be saying this about
 Mr. Lopez what he say its exciting all
 of 6th, 7th, and 8th grades and now
 he still stands us which is good and
 which had see all the grade, Mr. Lopez
 is one of best teacher in the school
 what I think is crazy for me that
 im all most not afraid to go in front
 front of the full class and half of
 me of sadness front on the class.
 When i write i write small and small
 letters of the page when i got to write
 a full page i still write small than the
 others. The thing i never felt wrong for
 no one that most but her name is Ashley
 she is 7th grade and this book rise
 help me more, more and more that im close
 to say to her but today if can
 change by this book i know that Mr. Lopez
 help and abt of saying to say
 it to her.

Open doors doors to life

This class has helped me in life. I haven't been saying excuses because it makes the consequences even worse. Also the book Resilience has taught me to be strong, to act like our three favorite heroes in hard situations. One of the lessons is how to control our horses like anger, like you can talk the talk but can you walk the walk. That was one of my biggest lessons in my life and more expressions and this class had helped me a lot.

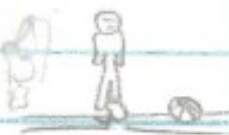
The Key to Life

By Theresa Chavez



control

The resilience curriculum has helped me because it showed me and my classmates that it is ok to fail. Because Mr Lopez told us that we can try again until we get it and I will learn from my mistakes. This is a very good and important lesson it showed me not to be scared



to fail because now I know I can get back up. So yes this class has helped me not to be afraid of failing. This class also teach me how to control my emotions we called it are horses

under control

He teach us this because so we can control and understand are emotions. He showed me that we have a left and right emotions

pos



And on my left side is lazy sad, hate and there's alot more but on my right side are happy excited and more.

This class has teach me alot

The key 2 life

By Hailey Bailon

This class has taught me to learn and know myself better to be confident to life but life is stressful and hard so when I thought this class was just history I could see how great to have a teacher and be a great comodel not to just my Sister or Teachers but to everyone. My teacher Mr. Lopez has taught me to not just have imagination but to do it and go for it. Mr. Lopez has inspired me to succeed in life.

Mr. Lopez tells do you want to do the right choices or the wrong. Mr. Lopez teaches whats happening in life and how to control it. A lesson that Mr. Lopez taught us is to be ourselves and not someone else.

I think that what we learn helps our choices, feelings and identity of actions that could help us in ways of how want to learn. If I never had Mr. Lopez had never been my teacher I would never know what I would do.

Mr. Lopez in glad your my teacher.

How does this class help me |Karta

By: Karta

How does this class help me? This class help me by my teacher teaching me resilience like for example the resilience book this book helps me control my horses and to not run wild. And that kind of changed my life and it help me to control my horses and my horses sometimes run "wild". But this class really helps me understand the meaning of resilience like my horses, excuses, action and intention and kind off more. And yes it help me.

Rise

malayla 8

Yes, to be honest this class is helping me because I'm learning about how to gain control over myself and how to become a better person. I think that him teaching us about how to control our senses and how to breathe. During learning all of this curriculum, I have learned that when things get hard, you just need to breathe and think of who you want to be. I also learned that you can't just let your senses run wild because then its gonna mess you up, meaning that you aren't gonna have control over yourself. We learned about excuses and how they are messed up to use. What I learned about excuses is that they aren't worth being used, because then you're just trying to lie rather than you're just admitting to what you did or didn't do.

How This Class Helps Me

how Mr. Lopez class helps me

This class teaches how

Resilience can help u lik it

did with John F Kennedy and

this class tough How Trump

is a bad Man and that

he lies like he is going

to build a wall and Trump

Makes funny Mean Jock to People

And Mr. Lopez said what

Roll Models what u want

to be to help People and he

Gives us Options to help us

to the future and for us not

not to make excuses and one

time Mr. Lopez taught us about

ia and K taught us about

knowledge and he taught us

About life how u can

Make your life better be

lik John F Kennedy to be

tough in the bad times and

Mr. Lopez gets Roush on us

for we can learn and not

to be all nice cause then

we want learn and thats

All.

The Key to Success

I think that this class has helped me a lot in my life because Mr. Lopez taught me that to never be afraid of what you want to do never let no one stop you to do what you want and changed me a lot the reason is because sometimes what he says is something that I am really read for life the number one thing that I was surprised of is what he said that don't let failure stop you from doing what you want to do another one that inspired me was that Deciding is not doing the reason it inspired me is because it inspired me to make a poem that I going to present at a thing that we have at school to parents I am a little nervous but I know what ever I say is going to make the parents think that I am someone prepared for life one of my favourites is The Horse and I love that one because he says that we can turn our emotions into horses I really love that reason I think Mr. Lopez will make a huge difference in other kids life just like he did to me.

Rise

By: Jaqueline Martinez

Mr. Lopez Resilience Curriculum

has helped me in many different ways. He helped me control my emotions and to control my actions, he has also taught me that there is no trying that there is only doing. By that he means that no matter what you are doing, challenging or not you must always do your best and never try doing your best. He has also helped me realize that it is okay to fail, because it is part of life and the more you fail the more you learn to be better. I've also been encouraged by him, he always helps me be a better every day and that it is okay to make mistakes because that is what makes us, us. We've also been learning about excuses and how they affect our lives and that if we use them we will end up lying to our selves about everything.

Adrian

Mr. Lopez helps me a lot
with my work Mr. Lopez
teaches me from right from
wrong I believe that he
changed me cause I never
wanted to do my work
now I am always doing
my work Mr. Lopez
teaches me to succeed
in life and how to
accomplish things you don't
believe you can accomplish.

Resilience

By: Valeria Gutierrez

What I have learned with Mr. Lopez and how it has changed me. I've been with Mr. Lopez since 5th grade and what he had though us is really important to me and I would really enjoy if other kids would learn this. When Mr. Lopez first started teaching us the lessons I didn't know anything about that, but now I know all of those lessons. My favorite lessons are ... The first one is that "Your emotions, are like horses you need to control to don't let them run wild". The second one is that "You can talk the talk, but can you walk the walk". There are way more lessons that have change me and that had really helped the way I see the world around. I hope, other people can learn this lessons.

The key to success

By: Xavier Savendra

This helped me to not use excuses no more. And that I have to take life seriously now. And it showed me how to control my horses. Before I had this class I used to have serious anger problems. And now since I had this class I haven't had no more anger problems. He taught me that you can't talk the talk but you can't walk the walk. And that you can't try you have to do it.

Resilience Class

Drea S

How this class has helped me as a person I've become a more positive lifestyle now I see things different and now I help my family members especially my sister's they know now because of me and I don't like to be that person who says that I came up with this alone of course not but Mr. Lopez has taught me all this knowledge many people don't have and I'm very lucky to have had him as a teacher and thank you is really not enough because this knowledge that I have learned makes me see things differently but in a good way one thing that always helps me is life goes on and just because your sad doesn't mean the sun isn't going to shine that day now when I'm sad or in a situation I don't want to be in yes I can be sad and cry but really that's not gonna help the situation and so I say to myself "Life goes on" and I get better in time and this class has helped me so much and this knowledge I hope stays with me forever because it did change the way I see things.

Rise

mayli
This has helped me because I know that mistakes are common and they aren't bad they help you learn. I also learned that doing is better than saying because if you say "I'm gonna bring up my grades" but you don't show it then what good is it. There was a lot of stuff that I've learned and that have actually helped and I've learned about controlling your horses and not letting them run loose we also named them and just you (Mr. Lopez) has taught me a lot the way you make stuff seem have changed in my perspective and now I see a few stuff different than how I used to seem your a great teacher with a great potential to teach

Looking Back

By: Andrea Varelas

Looking Back, I see myself very lost in life and confused. "What am I going to do with my very confused, unsuccessful life?". But now, I look at myself and I'm a bit more successful. Yay! So the question "Am I better off or with or without the Resilience Curriculum?"

Honestly, I think I would be better off with the Resilience Curriculum.

This curriculum has helped a lot in life. I've learned how to accept my fails, how to not give up and just keep fighting for what I want. I've even made and created phrases myself about every lesson. Life is hard, and these lessons have really helped me make it easier. Yes, I still struggle and a lot, but not as much as before. I want to thank Mr Lopez for teaching me and showing me these lessons about life. Thank you.

This class help me so much
 by understanding the
 meaning of Resilience. They
 show me how to be a good
 person. I learn how to
 hold my horses anytime
 I need too. Also how some
 people have different
 attitude also how we
 get to deal with it
 and get along with it. Always
 don't be scared of your
 fear. If your fear
 is big and you
 fear to win your
 fear don't be. This
 class is more as a
 helping understanding
 others and never give up
 on yourself always
 think.

looking back

Noah New'sick

The curriculum that Mr. Lopez has been teaching has helped a little bit, I learned about resilience, and to control your horses, or rather your emotions, and much more. But he really didn't inspire me for the most part. The thing that helped me the most would be when he taught us how to control our horses, our emotions, so this curriculum has helped a great bit I guess.

Jayden

So has the R.I.S.E curriculum helped me in daily life, I would say yes it has. I learned to act on good intentions and to get off my chair and do it. I also learned to control my emotions but it is still difficult to control my emotions mostly when I get mad. Also about believing in yourself and not being shot down by a ghost sniper of our own creation, I like this class because it is teaching me what most do not know and even inspired me to write my own book, in which I named "An Unthoughtful word". I got off my chair and spent weeks writing the book. My book is about what I learned from this class and what my dad taught me in this class, along with what my dad taught has really helped me get through my problems. Also I want to thank Mr. Lopez and everyone else who helped me write my book. Find it on Amazon. All in all, this class is my favorite class and the teachings do work, that's all folks.

Rise

Resilience is what Mr. Lopez has been teaching me these past months. He has been teaching me about how I can control my own actions, and emotions, like how Actions speak louder than words.

I have also learned about actions vs excuses, which means that some people know about something but decide not to do it, and saying a lie, or people knowing what to do, and do it either way.

"Rise"

Joseph G. ...

In my opinion I would say that the curriculum we are learning is working but that is my opinion I'm not sure what other's think. This curriculum has showed me to express myself in ways I didn't think I could. It has showed me how to control my feelings it showed me how to be myself it's like a part of me now it's teaching me how to trust people and how to try new things. When we first started the curriculum I was that person who didn't trust easy and I would always assume something was up. I never liked to go in front of the class I would get nervous and find an excuse to not go up. This helped me by making me understand that it's ok to do something new and that we all have our own emotions except the fact that we control our emotions we control our thoughts and that it is ok to be scared but as long as you know what you're doing in the end. It's very easy to learn but some people make it harder for themselves. This activity is an easier way to show me how to deal with my emotions. It's like when you ask someone what to do even when you know what to do. When you don't know how to control your emotions you freak out so when you control your emotions you can do anything you want. This class has taught me a lot it makes me feel responsible for myself in a way it gives me more confidence.

Picard

How this class is helping me.

① This class is helping me by the teacher giving us homework about when we get older we start learning more. Then this class is also helping me by learning about the presidents trump, and hillary. Then if we start getting older like teenagers, and adults. We will know what the school has teach us. Also by learning what are Resilience. Then also teaching us not to be afraid of things. Telling us things that are right or wrong. Things you can do them and some other things you can't do. Every time I go to this class I learn a lots of things I did not know. Then the ~~the~~ reason he makes us present is because when I get older I won't be afraid of ~~the~~ things I used to be afraid of. That is why this class is helping me. And when I get older.