

## **Individual Resiliency Lesson #1: Identifying Resilience**

Definition: **re-sil-i-ence (noun)** 1.the power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity.

<http://dictionary.reference.com/browse/resiliency>

Take an elastic band and as you teach the students the definition of resilience use the elastic band to demonstrate an object's ability to maintain its original form even when it is stretched, bent, or compressed.

Explain to students that a rubber band displays resiliency because it is able to adapt to the stressors placed on it by external forces.

### **Activity:**

Give each student a rubber band and a black marker. On the rubber band have students identify areas in their life where they currently display resilience. On a sheet of paper have students identify areas in their life where they are not adapting or showing resilience. Once students have identified these areas have them pair up. Allow 2 minutes for the first person to share their story and 2 minutes for their partner to respond with a possible solution to help develop their ability to be resilient in their area of challenge. Through rich discussion and honest sharing students can learn that one of the basic tools of individual resilience is the awareness of habits that help or hinder the desired outcomes.