

# A focus on resilience

re·sil·ience //rə'zilyəns/

the capacity to recover quickly from difficulties; toughness

*informal:* the ability to quickly bounce back when life hands you setbacks



**RELATED ESSENTIAL SKILLS:**

Determination, Resolve, Grit, Strength, Perseverance

**VIDEO:**

Becoming Resilient

<http://tiny.cc/essential-resilience>



## Try It:

**BEFORE YOU BEGIN:**

- What does it mean to be resilient?
- Give examples of people, systems or things that are resilient.
- What can we learn from examples of resilience?

**WHILE YOU WORK:**

- Have you experienced any failures during this project?
- What helps you and your partners to bounce back after a failure?

**WHEN YOU ARE DONE:**

- What is the advantage of building your resilience?
- How would your life be different if you were easily discouraged and quit after one failure?

## Extend It:

Think more about how you can become more resilient as you study the microscopic water bear:

- Tardigrades can withstand nearly absolute zero centigrade, up to 150 degrees centigrade and a thousand times more radiation than other animals!
- Exposure to harsh or ever changing conditions is key to developing resilience for these animals and the same can be true for you.
- Yes, having lows, experiencing setbacks and facing failures is all part of life. But, the more you face these obstacles, and accept them, the easier it gets in the future.
- This hard but simple act will build resilience in all areas of your life and will have positive effects on both your mental and physical health.

Watch more here: <http://tiny.cc/tardigrades>

**IT'S A FACT.**

Did you know that scientists consider the Tardigrade, or the microscopic water bear, the toughest, most resilient animal on Earth? It can survive extreme hot, cold, and even 1000 times the radiation of other animals! Now that is resilience!

"Grief and resilience live together."

— Michelle Obama