Models of Resilience
(Created by Deborah Havert)

A definition of resilience:
The ability to become strong, healthy, or successful again after something bad happens.
(http://www.merriam-webster.com/dictionary/resilience)

Materials:
- Computer
- Projector
- Art paper
- Other items for an art creation such as tape, glue
- Wikki Stix
- Blocks

Video Clips:
http://www.youtube.com/watch?v=9g8T8MsFlp0&feature=youtu.be
(This is more suited to older children and adults)

(This can be used by every one of all ages)

Description: In this exercise the participants will reflect on models of resilience, whether they be people or parts of nature. After viewing the models they will reflect on how they can integrate more resilience strategies into their lives. They will create a symbol of what they learned/reinforced with the use of blocks, art paper, or Wikki Stix and share with others.

Objectives: The participants will become aware of the importance of focusing on resilience strategies to use in their lives. Research on the attributes of bamboo by Garr Reynolds, author of Presentation Zen, and the symbolism of bamboo will enhance the experience. Additionally, in the story of Derrick Coleman, participants will become aware of Mr. Coleman as a model of resilience and how he chose to take on his challenge and move forward.

Engage: attention and emotion through play
Participants will view the TEDxTokyo presentation by Garr Reynolds (12 minutes) and/or view the commercial about Derrick Coleman (1 minute).

Activate: discovery through real experiences
The participants can choose one or both of the videos to explore. After viewing the presentation of Garr Reynolds, the participants will review how bamboo symbolizes:
1) What looks weak is strong.
2) It bends but does not break.
3) It is deeply rooted but flexible.
4) Be here now.
5) Be ready always.
6) Find wisdom within emptiness.
7) Commit to personal renewal and growth.
8) Show our usefulness with our simplicity.
9) Teach us to unleash our power to spring back.

After viewing the commercial about Derrick Coleman, the participants will discuss key points of the video clip:

1) They said he was a lost cause.
2) He was picked on.
3) He was picked last.
4) He was told he should quit.
5) He was deaf since he was 3, so he did not listen to them
6) They did not call his name at first in the drafts for football.
7) Then they called his name and he is a member of the Seahawks.
8) Trust the power within.

Reflect: to synthesize meaning
Each participant will choose from the ideas in this lesson and display what key points they have taken away from the lesson by creating something with the art paper, Wikki Stix, or blocks. The activity will culminate with the following debrief:

Debrief:

1) What EQ competencies did Derrick Coleman use during his life to build his resiliency to move forward? *****
2) How can we practice more of those EQ competencies each day of our lives?
3) Is there another part of nature, other than bamboo, that represents the idea of being able to move forward, bend, and bounce back?
4) If you could model a part of resilience to a friend, what strategy would that be?

Transform: knowledge into creative solutions
When you are with your family or with your classmates, share three key ideas you feel were important from this activity and/or share this activity with them and discuss.

***** http://www.6seconds.org/2010/01/27/the-six-seconds-eq-model/