

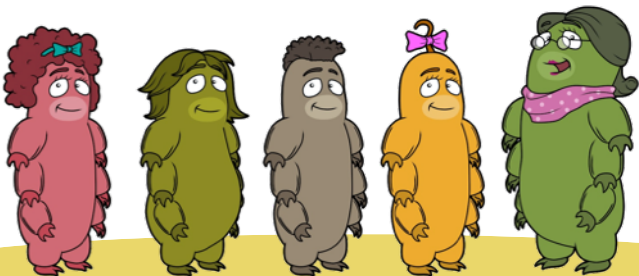
Story Card



Professor Davies



Henny



Mrs. Pygmalion's Students

Resilience

Resilience. When something doesn't go well, we need to be able to bounce back - to get back on track. That isn't always easy. In fact, sometimes it feels impossible. We all need to work on being more resilient, and we all need to know that it's okay to ask for help. Join our tardigrades, nature's most resilient creature, to learn a few secrets about how to get back on our feet when things don't go our way.

Episode 8

Tardigrades are very resilient.

What can we learn from them?

Professor Davies

Professor Davies is very good at taking things in stride, and he is also very good at noticing the little things in life. Appreciating the everyday world around him helps him to stay positive. He also has a pretty cool moustache!

Mrs. Pygmalion

Being a teacher can be a tough job. With so many kids in the classroom, every day can be unpredictable. Mrs. Pygmalion believes that being positive helps kids learn, helps kids communicate, and helps kids celebrate. Sounds like Mrs. Pygmalion is a great teacher!

Henny

Wow! Henny is really brave for standing up on stage and trying to make people laugh. He may be very nervous, but he knows that he can't make his dreams come true without setting goals and working very hard on them.

Mrs. Pygmalion's Students

Do you always have the right answer? Of course not. But that should never stop you from trying. That's how you learn, right?



Resilience

Five Cartoonversation™ Starters

1. Being able to find meaning can help you through tough times. Name three things (or people) that mean a lot to you.
2. Name three things you would like to do in the next ten years.
3. Work with a friend and write down three things you like about him/her. Have your friend list three nice things about you.
4. What do you like about yourself? Write down at least three things.
5. Who can you talk to when you're feeling sad or overwhelmed?



Five Factoids

Being resilient means being able to bounce back when something bad or challenging enters your life. For most of us, being resilient takes work, and we can become more resilient by learning from others. Here are five common traits of people who are good at bouncing back. See if you can work on them.

1. Develop strong social supports - surround yourself with friends and family who care about you.
2. Recognize that life can be unpredictable. Sometimes, things just happen.
3. Ask for help. Don't be afraid to let people know that you are scared or hurting.
4. Develop good problem-solving skills. Your teachers can help you with this.
5. Be aware of your actions, and be aware of your reactions to others.

Five Websites

For more information on resilience please visit these websites:

1. will-to-live.org
2. HeySigmund.com
3. raisingresilientkids.com
4. fosteringresilience.com
5. healthychildren.org

