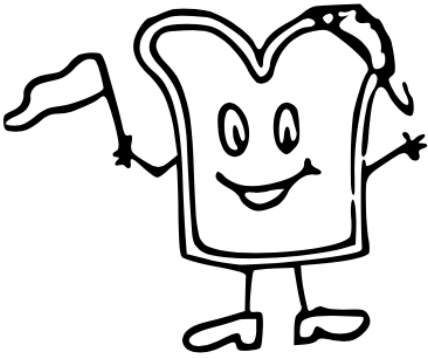




DON'T
GIVE
UP!

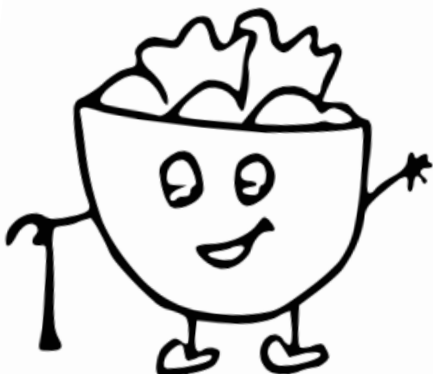
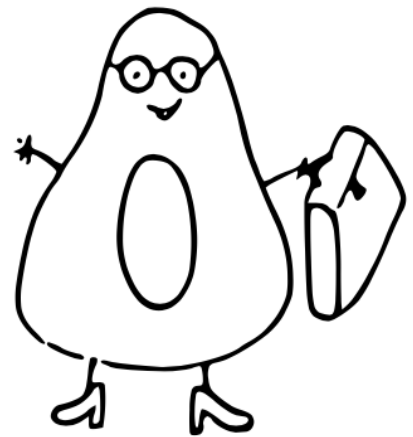


Hello again! I don't know what resilience means yet, but I think it's going to be a lot of fun to find out!

-Pan the Pan!

Hola amigos! I know a lot about resilience. As we go on I will share some ways we can practice noticing and strengthening our resiliency.

-Avocado the Abogado



Bienvenidos a todos! I will be here to help think about how we can talk about resilience with our friends or family members.

-Pita the Abuelita

What is Resilience?

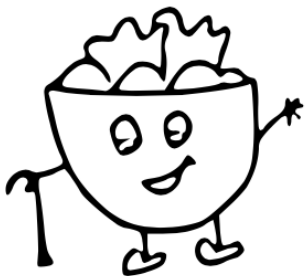
We may not realize, but resilience is something we may already practice everyday. Resilience means to be able to recover, or “bounce back”, and adjust to an obstacle or challenge we have experienced.

What are some changes or obstacles you can think of?

1.

2.

3.



Well done Amigos! Don't forget to think about how you can defeat those obstacles too!

-Pita the Abuelita

Take a Moment!

Find a clear spot wherever you are.

Place your hand on your heart, close your eyes and take a deep breath in through your nose, then let that breath go out through your mouth slowly.

Try it again, deep breath in through your nose and let the breath go through your mouth. This time try making the sound a snake makes, “ssssssssssssss”. Now, think of one word to describe how you are feeling now.

Let's try different poses!



Superhero Think Pose #1:

Take a wide stance and place hands on hips.

Take a deep breath in and let it go.

Superhero Power Up Pose #2:

Stand in a wide stance with your arms bent, or straight, at your sides.

Take a deep breath in and let it go.



Superhero Reach Pose #3:

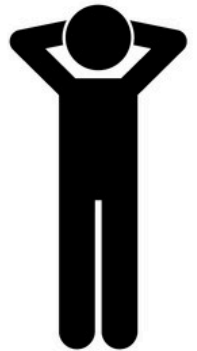
Take a wide stance, and raise your arms in a “V” shape above your head.

Take a deep breath in and let it go.

Superhero Relax Pose #4:

Place arms crossed behind your head, you can sit or stand for this one.

Take a deep breath in and let it go.



After doing each one of these poses pause and think of one word to describe how you're feeling now. Is there a difference between how you felt in the beginning and how you feel now?

3D Cube Folding

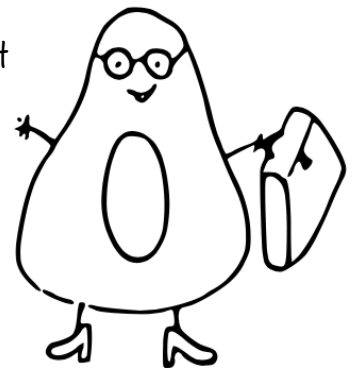
On the page labeled **Cube Template** write or draw the challenges you will defeat inside each box. In each box you can also write about how these challenges make you feel.

Then flip the page over and on the other side of the paper you will write or draw how it would feel to beat these challenges.

Amigos! Here is an example to guide you! Maybe there was a time where you thought you could not win at a game or solve a math problem because it seemed hard, but eventually after hard work and trying a few times you won!

That is an example of being resilient! You did not give up and you kept trying!
You imagined what it would be like to win and you worked towards it!

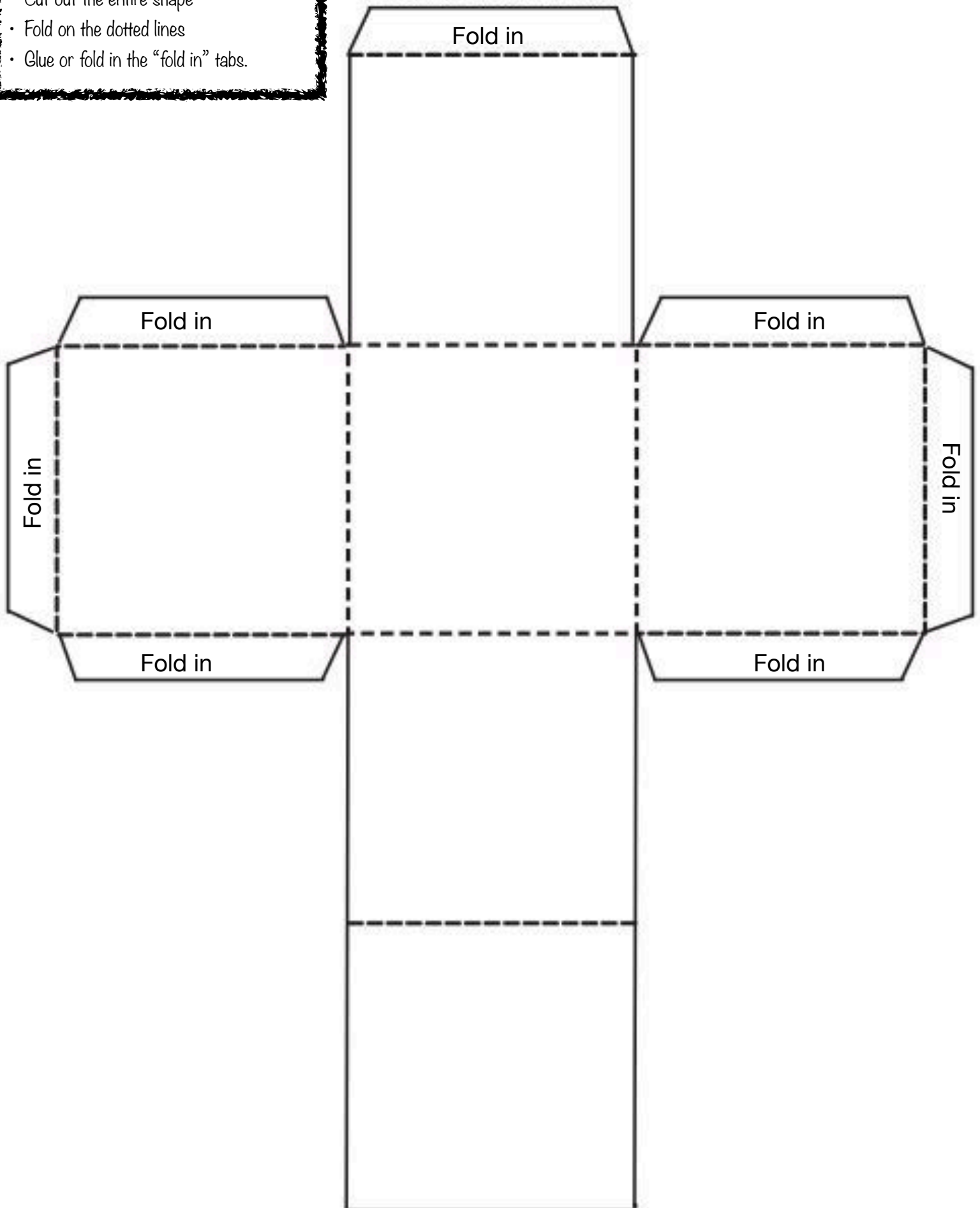
-Avocado the Abogado



Instructions:

- Cut out the entire shape
- Fold on the dotted lines
- Glue or fold in the "fold in" tabs.

CUBE TEMPLATE



Circle of Resilience

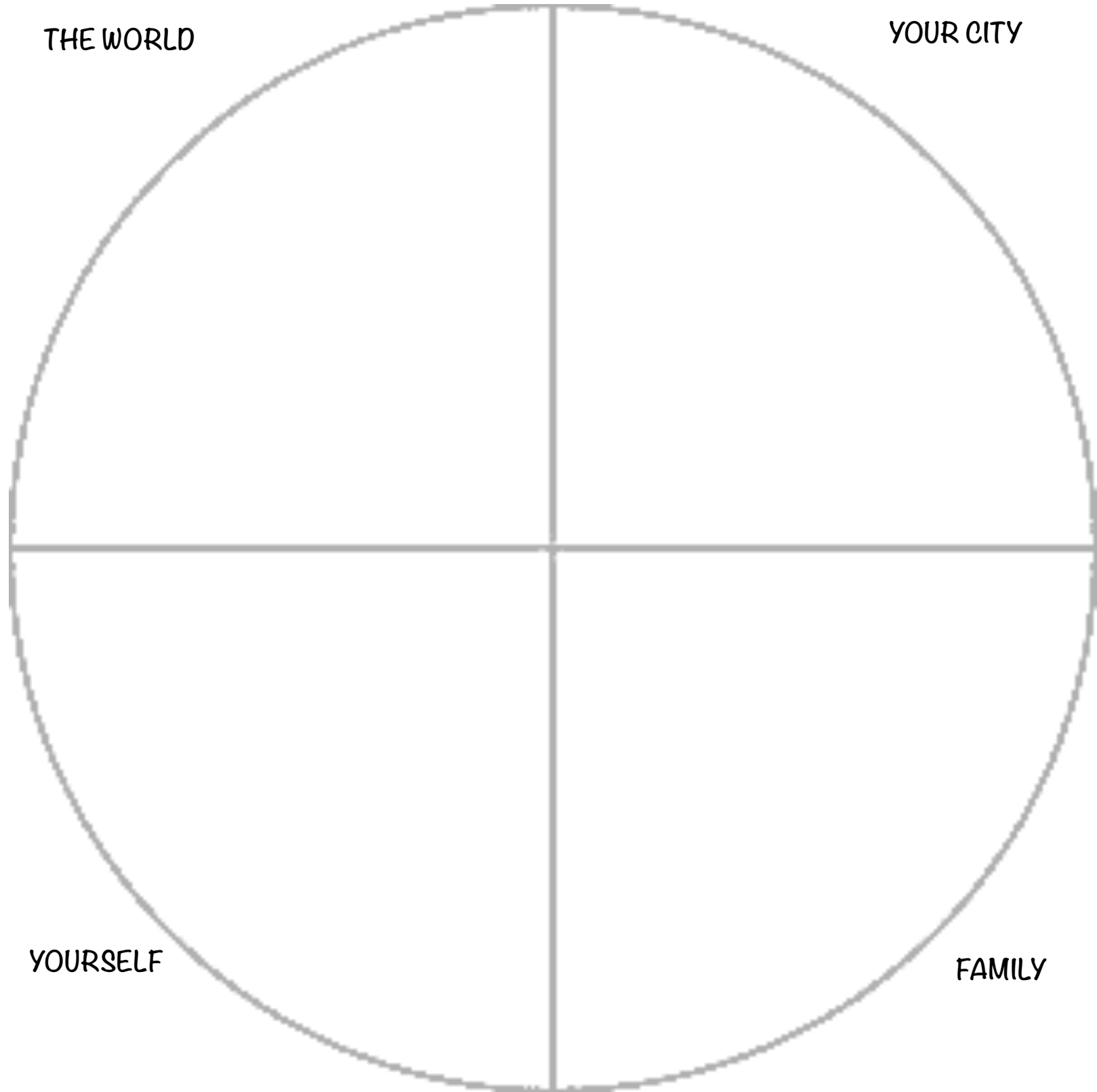
The circle is split into four parts. Each part has its own subject: the world, your city, yourself, and family. In each section draw a picture that describes each topic and how it makes you feel.

THE WORLD

YOUR CITY

YOURSELF

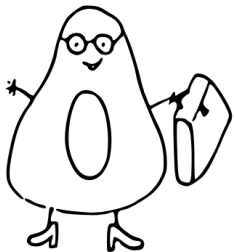
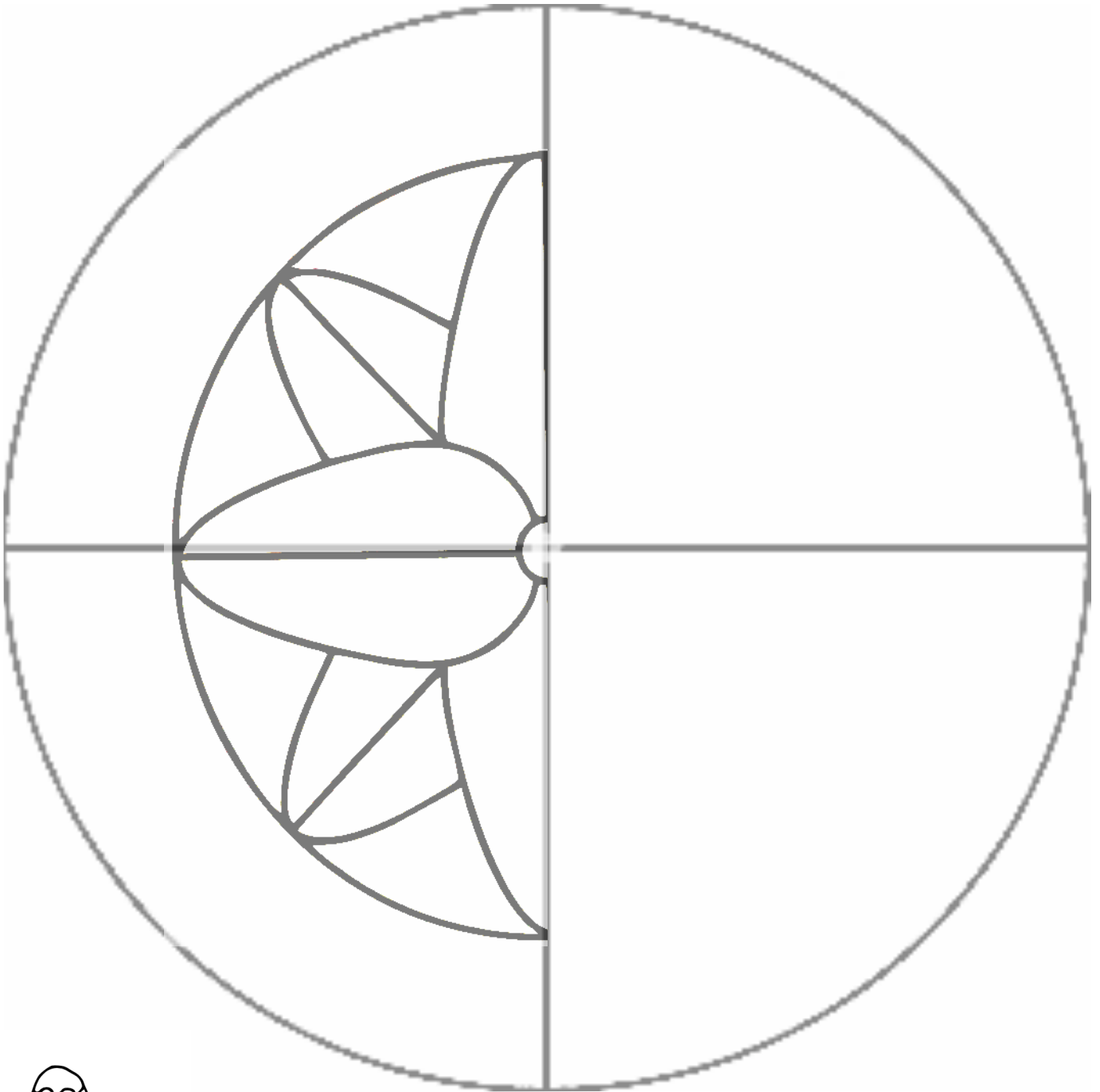
FAMILY



Draw a Design of Resilience

Using the circle and lines below as guides, complete the design on the blank side of the circle. After you finish your design, try drawing more decorations on it!

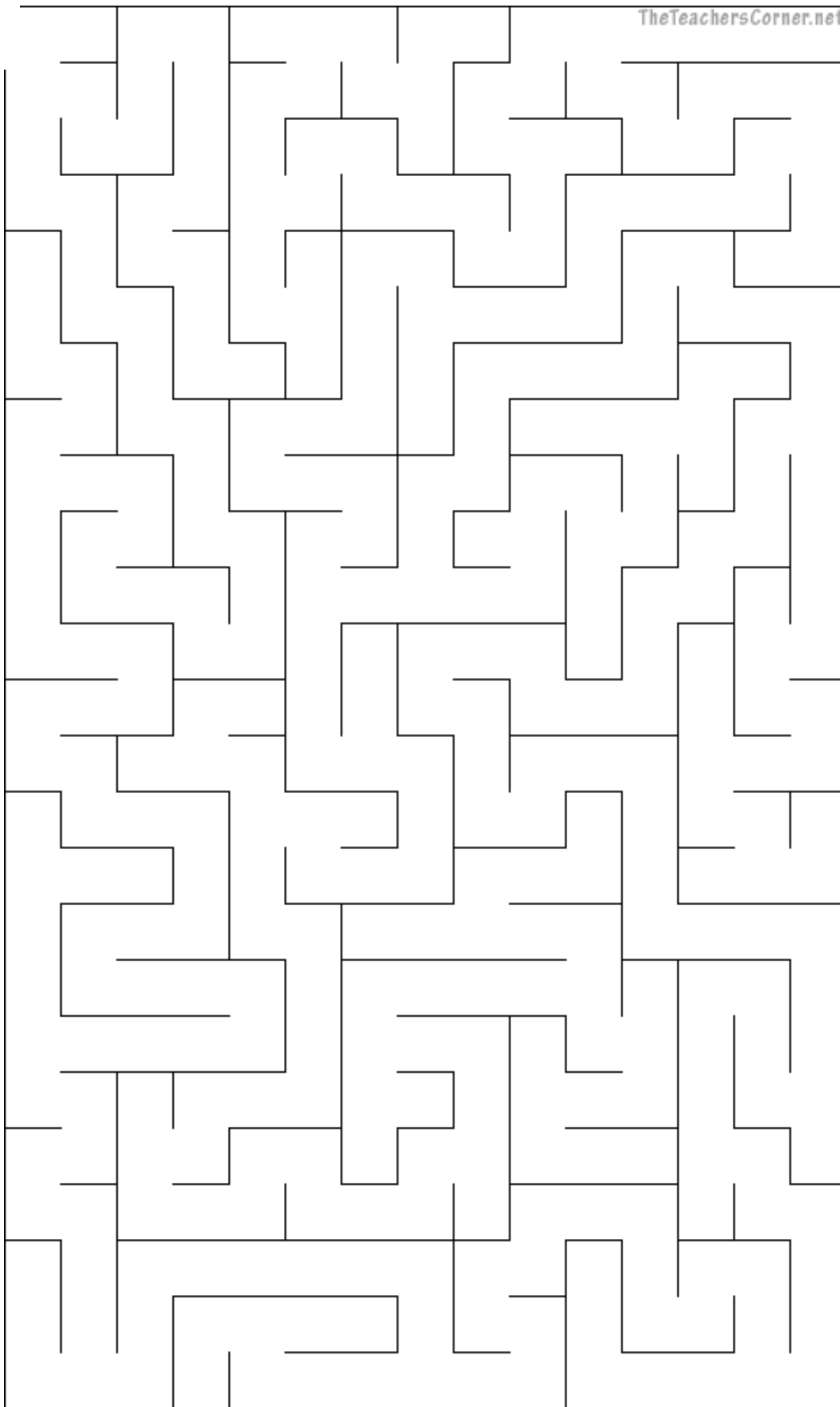
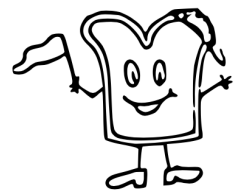
If you have crayons, create color feelings! Choose four words to describe how you are feeling. Then choose four colors to go with each of those feelings and color in each section with those colors.



A “color feeling” is a color that goes with a feeling. For example, purple makes me feel calm. So I will color one part of my mandala purple because I am feeling calm.

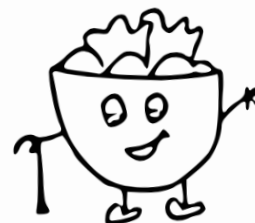
-Avocado the Abogado

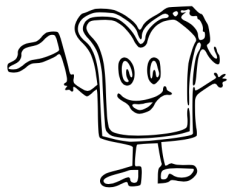
We are practicing seeing our resilience! Can we make our way through the changes in the maze below and meet Pita the Abuelita at the end?



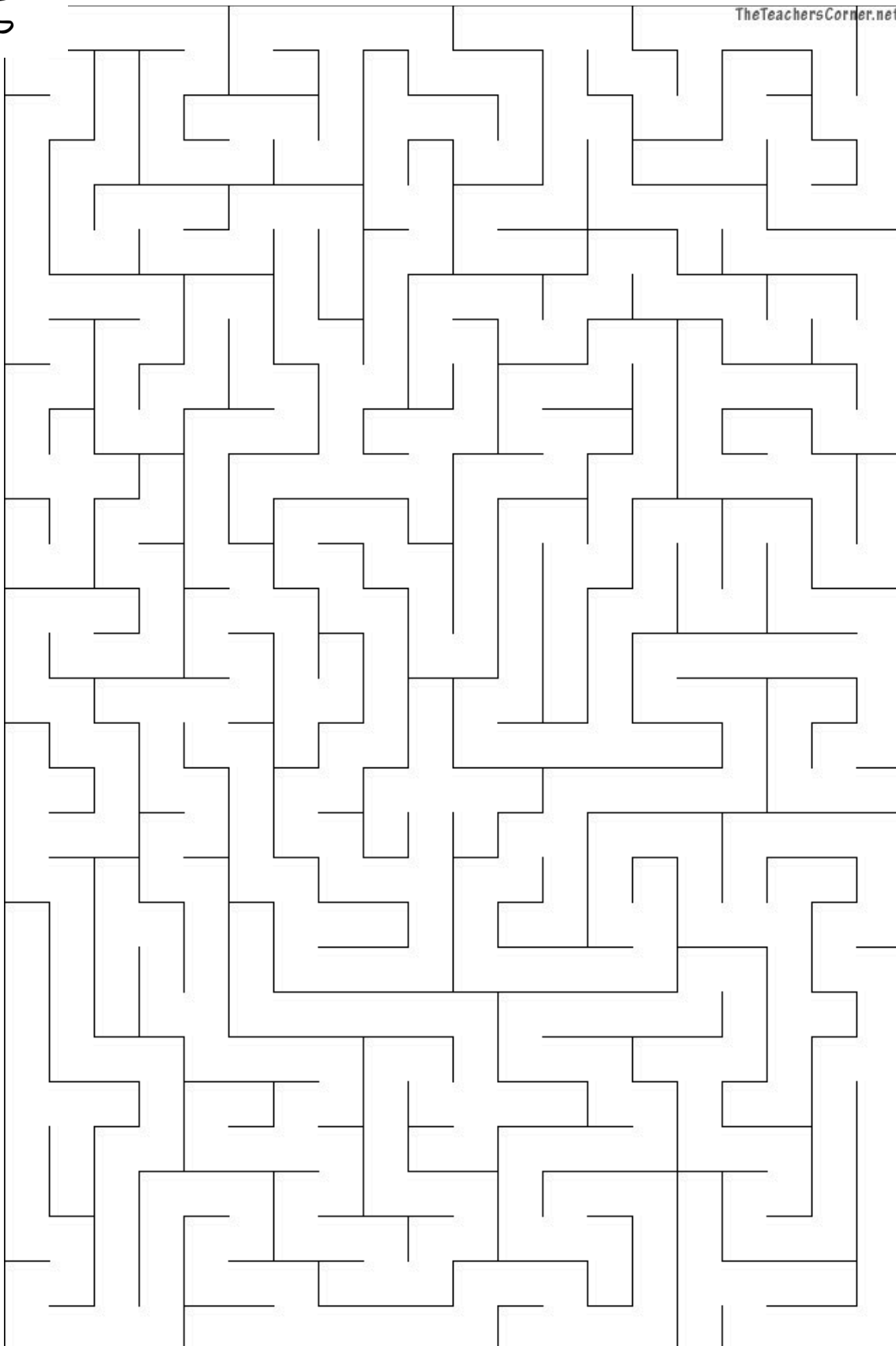
TheTeachersCorner.net

I will be here waiting for you, Pan! Te espero aqui!

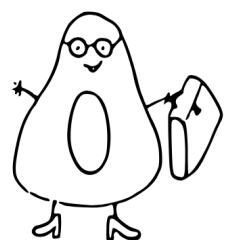




My friend Avocado the Abogado told me this maze is a little harder to get through, but let's practice our resilience and try our best to make it through together! We've got this!



You can do it amigos! If it starts to feel too hard practice resilience through patience, take a deep breath or take a short break, then coming back. You got this!



Let's Write a Poem!

Fill in the blanks below to write a poem about being resilient.

When I experience a challenge I feel _____, but

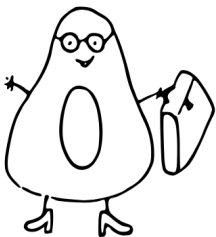
it is okay because I will _____.

I am _____,

and I can _____

I will work hard to _____,

and I can do anything that I set my mind to!



Wonderful job! You can draw a picture in the space you have left or keep writing.

-Avocado the Abogado

Let's Write Another Poem!

I can _____.

I can also _____

& I can _____.

But I can't _____

YET

I just need to _____

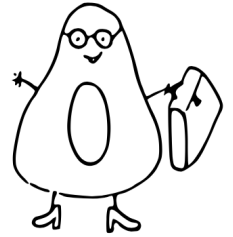
_____.

Let's Play a Game!

Find a friend or two to play a game! This game is called MORPH, also known as Rock, Paper, Scissors: EVOLUTION!

Hola a todos! I'm here to explain the details of MORPH!

-Avocado the Abogado



In MORPH there are 5 stages to your evolution. These stage levels are:

1. **Egg** - Player is low to the ground with hands over head, if you can
2. **Chicken** - Player walks like a chicken and clucks like a chicken
3. **Dinosaur** - Player has arms stretched out like a big mouth or has tiny hands like a T-Rex.
4. **Rock Star** - Player pretends to play the air guitar or drums, or any instrument or sings
5. **Superhero** - Player flies around the room and stands like a superhero

The stages are listed in order of their evolution or transformation. This means an egg turns into a chicken and a chicken turns into a Dinosaur and so on.

How To Play!

Step 1. Everyone starts the game as an egg.

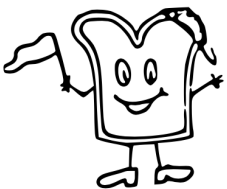
Step 2. Players walk around like eggs, find another player, and play rock, paper, scissors.

Step 3. The player who wins evolves to the next stage.

Step 4. Players find another partner to pair up with who is in the same stage of evolution, and repeat steps 1-3.

When a player evolves to Superhero, they are finished and can fly around.

Superheroes have the power to play with any stage levels to help them evolve.



Pretending to be each character is going to be so much fun! I'm already a huge fan of this game!

-Pan the Fan

I'm so excited to play this game with you, Pan! Let's try!

-Pita the Abuelita



Let's Try This Game!

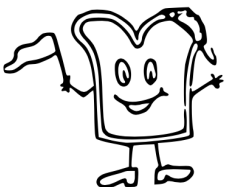
Find a friend to play! This game is called Back - to - Back Get Up!

How to play!

1. Find a partner
2. Stand back to back with your partner
3. Interlock arms with your partner like this
4. Try to sit down slowly without using your hands
5. Once you have sat down together, try standing back up in the same way.



If you can, find another two people to race against!



I can't wait to try this game! I should make sure we talk to each other and work together as we try to get up.

-Pan the Fan

Let's Move through a Story!

For this activity we are going to need our imaginations. Before we get started, sit down in a clear area. While you close your eyes imagine that you are in your own adventure movie!

You're in your adventure movie now and we need to move to get out of danger! Here we go!

You have to jump over the river! **JUMP!**



But, you landed on a flat rock! It's moving! You have to start surfing! **SURF!**



You are surfing on the river, here comes a bridge you have to duck! —**DUCK!**



It's time to jump off the rock now! One, two, three, **JUMP!**



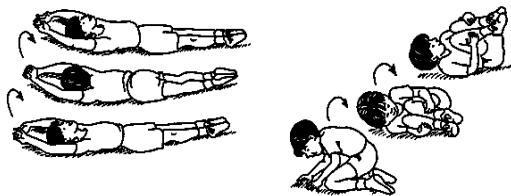
A volcano is erupting nearby! There are rocks flying everywhere, you have to dodge them!

Move to your left! Move to your right! Duck! Jump!



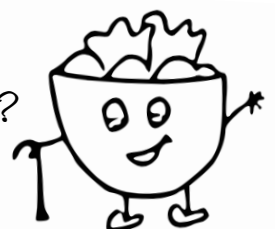
Phew! Nice job, you dodged all the obstacles!

It looks like there's a lot of smoke everywhere. You have to roll three times to get through the smoke! —**ROLL!**



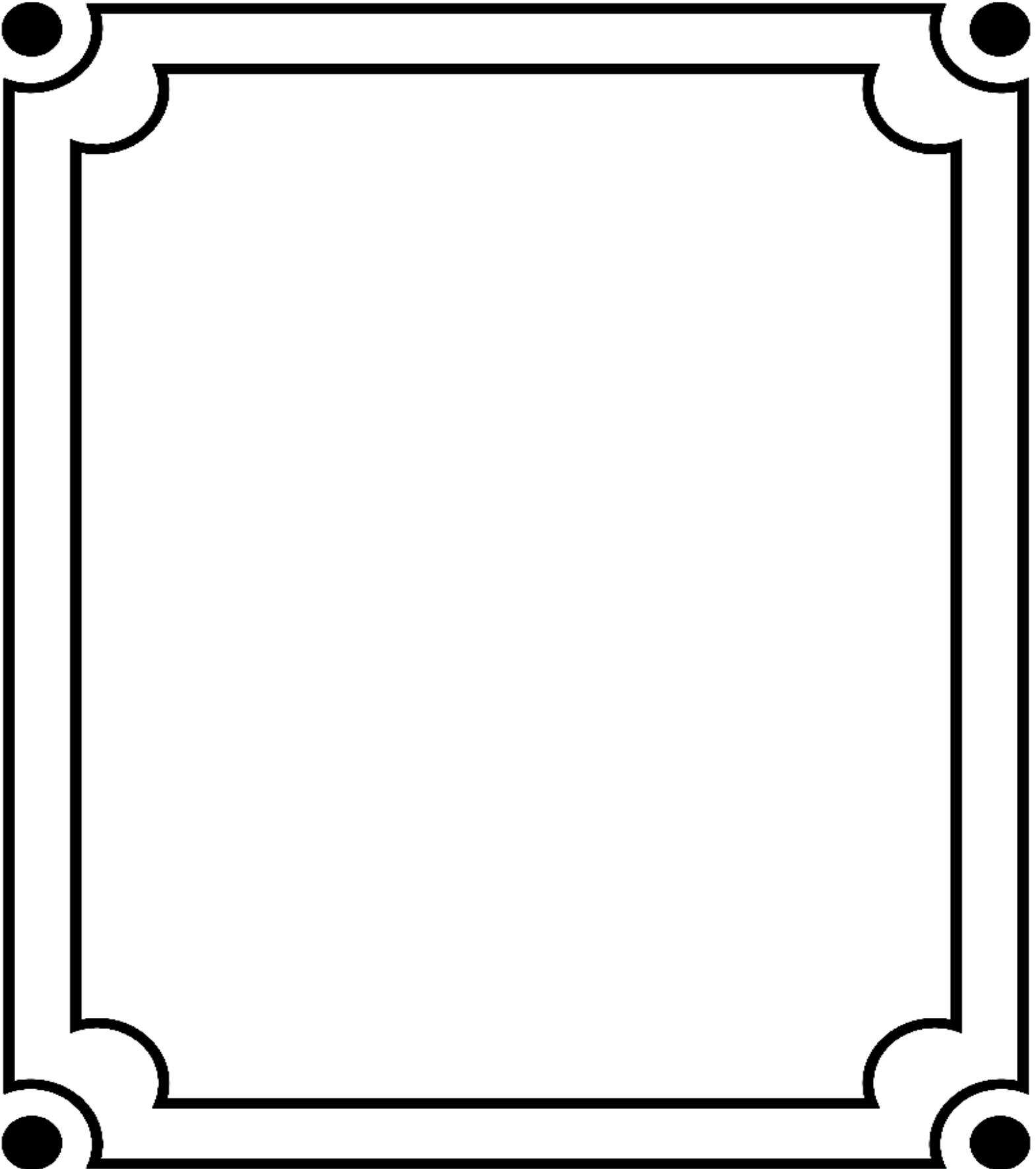
Take a seat, close your eyes, and think about your adventure. How did it make you feel?

—Pita the Abuelita



Time to Look Back

Draw your favorite part of the activities you did today in the frame below. Draw how it made you feel or draw your own adventure!



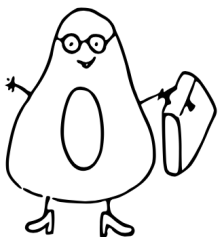
Vocabulary Time!

In this chapter you may have seen some more new words! Write down those words here and draw a picture of what you think they mean.

Word	Draw a Picture	Definition

Wonderful job, a todos!

-Pita the Abuelita



I hope you learned about how resilient you are and can be! You have defeated all the challenges! It may be hard, but you got it! You learned and kept trying!”

- Avocado the Abogado