

## Resilience

### JANUARY 2025



#### SAY IT:

*Resilience: Getting back up when something gets you down*

#### KNOW IT:

##### ASK A GROWN-UP:

- Tell me about a time in your life when it was hard to get back up when something got you down.
- Do you know someone who has shown great resilience by continuing to get back up?

##### ASK A KID:

- Name a subject at school or a skill in sports you find challenging.
- How could you show resilience when that subject or skill gets you down?

#### SEE IT:

Have you ever listened to the alternative rock song called "Get Up" by the band Superchick? The words to this song summarize the meaning of resilience. The song begins with the words, "I'm not afraid to fall. It means I climbed up high. To fall is not to fail. You fail when you don't try. Not afraid to fall. I might just learn to fly and I will spread these wings of mine." The chorus goes on to say, "If I get up, I might fall back down again. So let's get up, come on. If I get up, I might fall back down again. We get up anyway. If I get up, I might fall back down again. So let's get up, come on. If I get up I might fall back down again. I might fall back down again. We'll just jump and see, even if it's the 20th time. We'll just jump and see if we can fly." Take a few minutes and listen to this song...maybe you can even sing along and let this be a resilience challenge for you to continue to "get back up when something gets you down." <https://www.youtube.com/watch?v=JAhtLeP4rUk>

#### BE IT:

Set some goals for you and your family or friends that might be a little challenging. Pick a sports skill or exercise goal that seems out of your reach. Don't get discouraged if you don't reach your goal, but celebrate each time you get back up and try again. Discuss with your friends or family how you can continue to develop resilience.

# PHASE

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In the elementary years,  
a child develops skills that  
equip their future.

Here are three questions that all elementary-aged children are asking:

**1. Do I Have Your Attention?**

In Kindergarten and first grade, a child craves adult attention and approval.

**2. Do I Have What It Takes?**

In second and third grade, a kid wants to know how their abilities compare with peers.

**3. Do I Have Friends?**

In fourth and fifth grade, a kid begins to prioritize friends in a new way.

Relationships create a safe place to resolve who we are. Relationships bring clarity. When kids see themselves the way a loving adult sees them, it changes how they see themselves.