

## Activity: Thinking about resilience

Thinking about yourself, your children or the young people that you work with - and the resources and networks available - consider the following scenarios:

- If you missed the last bus at 11pm how would you get back home?
- How would you manage if there was 48-hour power cut at your home during a cold winter?
- Would the people in your home know what to do if you fell and broke your leg?
- Where would you go if you had to leave your home suddenly?
- If a strike meant that supermarkets couldn't re-stock and shelves were bare for 3 days would you have enough food?
- What would be the impact of not being paid for next month?
- Do you have anyone you trust that you can talk to if you needed to?
- If an injury left you bed bound could you get to the toilet and to food?
- What would happen if your child was meant to be calling you to be collected but the mobile signal went down across the network?

Would any of these scenarios cause you difficulty? Why/ why not? What is different about them? What other scenarios can you think of?

Resilience can be defined as:

**An ability to cope** - when an 'event' occurs a person is able to withstand potentially negative effects.

**Bouncebackability** - when an 'event' leads to negative effects a person is able to recover to their normal (or a new normal) state.

For the scenarios above, consider what would help someone cope in that situation and what could be done in advance to build resilience – so that when the situation occurs the negative effects are mitigated. What does this mean for schools, communities, families and individuals?

This activity could be done as personal reflection, within a family or with a class in school. Click [here](#) to see the original blog for more information.