

Intro to Resilience

Bungee Cords

Spatial Requirements: Classroom with moderate space required

Activity Type: Movement/group

Grades: 3-12

Group Size: 5 or more

Time: 5 minutes

Introduction: This lesson demonstrates to students that they can increase their resilience when they work hard and make the effort.

Materials:

- 1 bungee cord per student, plus one

Activity:

Give each student a bungee cord and have everyone stand in a tight circle. Give one student an additional bungee cord so he/she has one in each hand. Tell students to grab the other end of their neighbor's bungee cord so that everyone is connected.

Briefly discuss the purpose of a bungee cord. What are some different ways bungee cord is used? Is it designed to remain at the length we have our bungee cords at right now?

Have the students take a step back so their bungee cords begin to stretch. Then ask students if they believe their cords can stretch even further. Have them continue to step back until the bungee cords can stretch no more. (As the teacher, monitor the safety level. If the cords seem to be getting too tight, stop at that point.)

Processing the Experience:

- How are people like the bungee cords in this activity? (Discuss how some of us never stretch ourselves or work on our resilience, while others work hard to increase our capacity to be resilient in tough times.)
- Do you think everyone is capable of more resilience? Why or why not?
- How can we practice "stretching ourselves" to be more resilient in life?