

# RESILIENCE POSTER ACTIVITY

## I. Introduction

- Resilience is important in confronting adversity, coping with challenges, and persevering to attain goals.

## II. Learning Objectives

- Students will understand the concept and importance of resilience.
- Students will explore the skills and strengths associated with resilience.

## III. Background

- The video the students watched explains the challenges and adversities the Kumeyaay encountered and their ability to persevere in the face of setbacks and obstacles. This activity will reiterate the adaptability, persistence, resourcefulness, and endurance the Kumeyaay have demonstrated.

## IV. Materials Needed

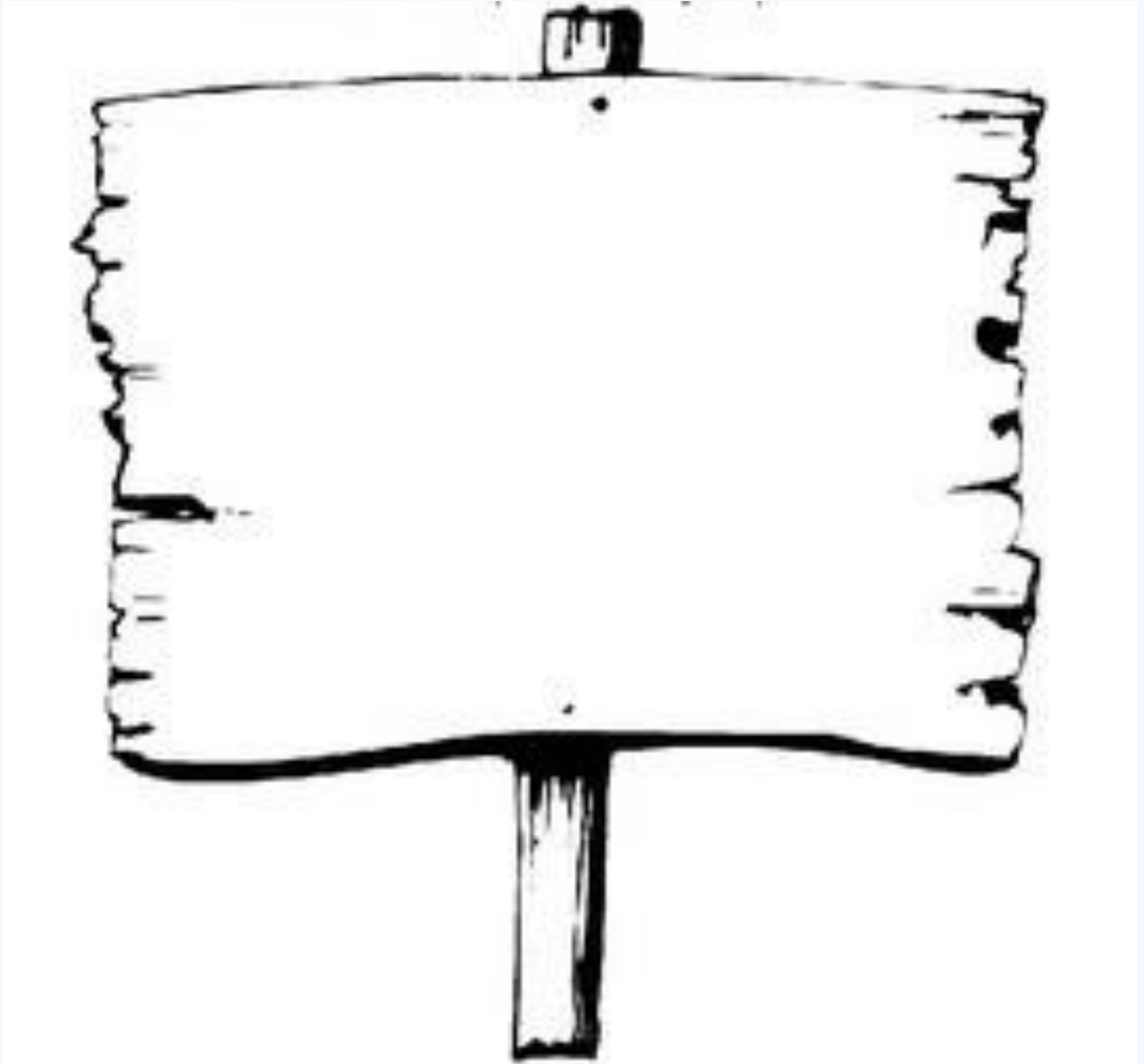
- Pencil or pen
- Resilience Poster Activity Template



## RESILIENCE POSTER ACTIVITY

re·sil·ience /rəˈzilyəns/ (noun): the power of ability to recover readily from illness, adversity or depression; or by being bent or stretched

Directions: Based on the video create a poster that brings awareness to resilience the Kumeyaay demonstrated on their pathway to equality despite facing adversity and setbacks. Then, write a short explanation of your poster.



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