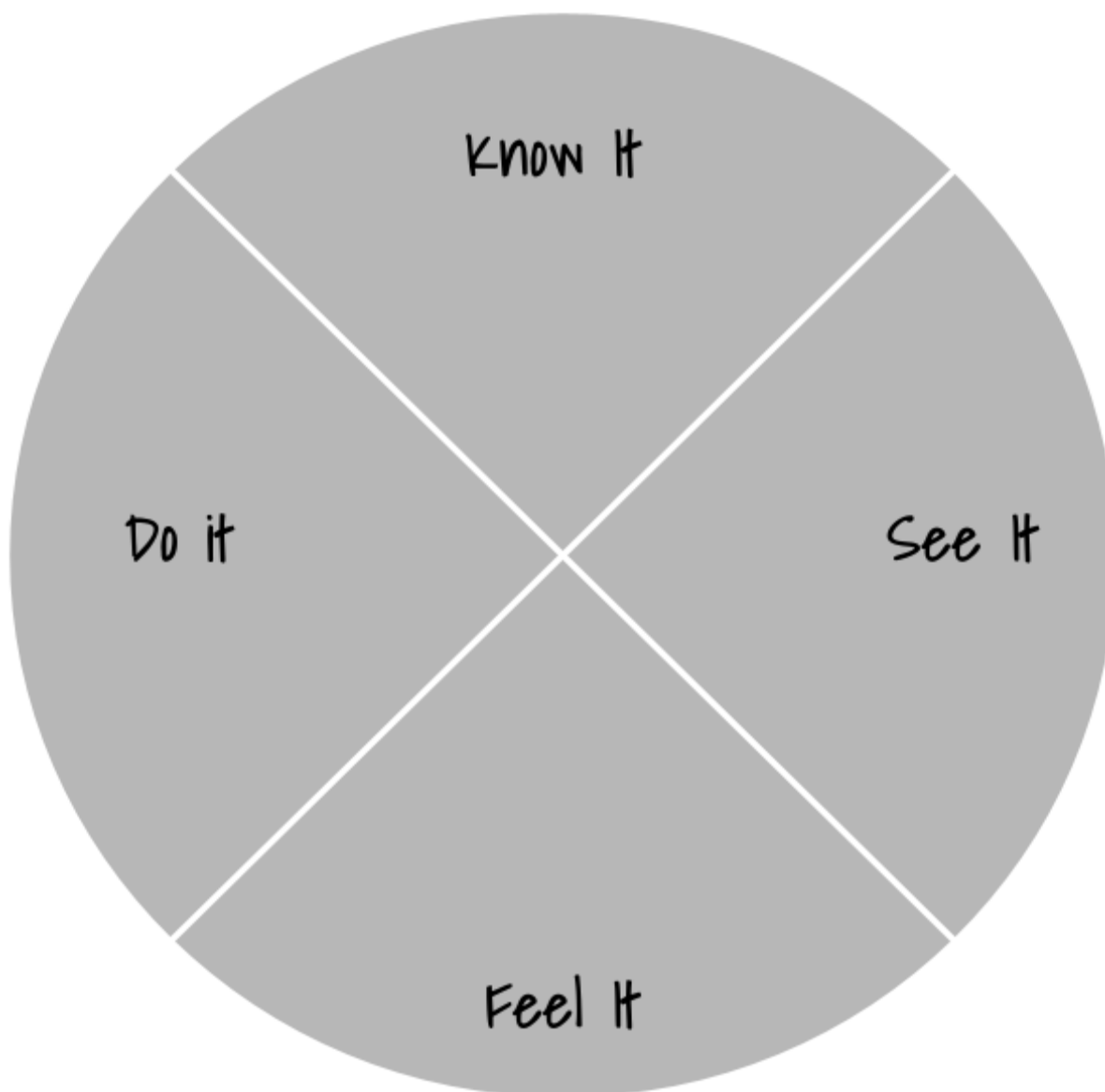


"A tree that is unbending is easily broken"

- Lao Tzu

Take a few moments to reflect on the quote above and decide what **resilience** means to **you**. Respond to the following questions in the space provided on the organizer below:

- In the **Know It** quadrant - What is resilience? Who do you know that demonstrates resilience?
- In the **See It** quadrant - What makes someone resilient? How is resilience connected to power and values?
- In the **Feel It** quadrant - What does resilience feel like?
- In the **Do It** quadrant - How do we demonstrate resilience?



Ontario History and Social Sciences Teachers' Association

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