

Building Resilience

Description

What is resilience? Can anyone or anything be resilient? In this activity, your kid can use everyday items around your home to learn about resiliency.

Activity Steps

1. Place your tarp and eight objects outside. Lay out the tarp and place each object on it. Be sure to leave enough room between each object.
2. Smash each object with the hammer and observe each item's resiliency by answering the questions in step three.
3. What did it look like before? What does it look like now? Would you categorize it as high resiliency or low resiliency? Record the resiliency of each item on paper.
4. Reflect back on this exercise. How has this caused you to think about your resiliency? Do you identify with any of these objects?

Object	Appearance Before	Appearance After	High or Low Resilience

► Learn more at [4-H.org/BuildingResilience](https://www.4-h.org/BuildingResilience)

Supplies









Eight objects from around the home (that you don't mind breaking!)
 Examples: modeling clay, a potato, rubber bands, paper clips, banana, blanket, bouncy ball, empty bottle, full bottle, a book, eraser

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Tarp

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Hammer

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Paper

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Pen

Brought to you by The Ohio State University.