

# Episode 1 - Resilience

**Resilience** is being able to bounce back when things go wrong. Not letting things get us down. When something doesn't work the first time you try it, get in and have another go.



**Bible Reference** -Isaiah 40:31. *But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. (NLT)*



## Resilience Drama

1. Shane had a bad day. What were some of the things that went wrong for him?

---

---

2. How did Shane react to his bad day? What did he do?

---

---

3. Can you think of a time when lots of things went wrong for you? What happened and how did you react?

---

---

4. Were you happy with how things turned out in the end? If you could start your day all over again, what would you do?

---

---

5. How did Shane's day turn out in the end?

---

---

6. What lessons about resilience can we learn from Shane?

---

---



# The Resilient Ant



By Ranger Hardy

*Ants come in all shapes and sizes. There are over 11,000 different species of ants in the world.*

*Ants live and work together in colonies. They are insects so they have six legs. Ants use their antenna for touch and for smell. The ant's head has a pair of large strong jaws. Ants can bite to protect their homes; so don't get too close to ants!*

*Ants are very resilient and very strong; in fact they can carry over 20 times their own body weight.*

*Make sure you watch out for these sensational and resilient ants that God created.*

## Answer the following questions

1. How many species of ants are there in the world?

---

2. Ants are very strong. How much can they carry?

---

3. Describe what an ant looks like.

---

---

4. Describe some of the ways that ants show resilience.

---

---

5. What lessons can we learn from the resilient ant?

---

---

# Bouncing Egg Experiment

Professor I.R. Wise



## You will need

2 eggs

1 glass of water

1 glass of vinegar

## Method

Place one egg in the glass of water and one egg in the glass of vinegar.

Leave them in a safe place for a week.

## Analysis

At the end of the week, compare the two eggs and complete the following table.

	Egg 1 (water)	Egg 2 (vinegar)
Looks like?		
Feels like?		
What happens when I drop it?		

# Explanation from Professor I.R. Wise

*The vinegar, which is acetic acid, has reacted with the calcium carbonate of the eggshell causing the shell to become soft and disappear. This is called decalcification.*

*Being resilient is being able to bounce back and not fall in a heap when something goes wrong. Just like the egg soaking in vinegar became resilient, we can become resilient too. Not by soaking in vinegar of course, but by soaking in Jesus' love and asking Him to help us to handle things that go wrong, not letting them get us down. We don't want to splatter like the egg that was soaking in water. So boys and girls, ask Jesus today to give you the power to become resilient. Spending time with Jesus, praying and reading the Bible, will help to change us, just like the vinegar changed the egg, to become more resilient*



1. What lessons can we learn about resilience from the bouncing egg experiment?

---

---

2. How can we become more resilient?

---

---

3. How can Jesus help us to become more resilient?

---

---

## Bruce's Resilience Quotes

Bruce could not remember very well the endings to the sayings. Help Bruce by matching up the following sayings with their correct endings.



1. If at first you don't succeed ...	
2. There's no use crying ...	
3. There is no time ...	

Endings		
... over spilt milk.	...like the present.	... try and try again.

What do these sayings mean?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

# Song – Jesus Gives Me The Power

Listen to the song *Jesus Gives Me The Power*, and then fill in the missing words from the word bank below.

If I get \_\_\_\_\_ down I keep coming \_\_\_\_\_

'Cause I \_\_\_\_\_ I'm \_\_\_\_\_ on the right \_\_\_\_\_

Get \_\_ and \_\_ get \_\_\_\_\_ to \_\_\_\_\_

I'll tell you \_\_\_ I \_\_\_ it

'Cause \_\_\_\_\_ He \_\_\_\_\_ me the \_\_\_\_\_

To keep on \_\_\_\_\_

Yes Jesus \_\_ gives \_\_ the power

To \_\_\_\_\_ my \_\_\_\_\_

Yes \_\_\_\_\_ He gives \_\_ the power \_\_ keep \_\_ going

Oh \_\_\_\_\_

He	up	how	track	power	know
heading	back	go	problems	do	to
yeah	going	me	knocked	Jesus	roll
gives	Jesus	ready	me	solve	on

# D.I.Y for Kids

## The Returning Drum

### You will need

1 empty tin with a lid on it  
Piece of string  
Texta to draw with

Some paper and tape to put around tin  
Glue  
Piece of plasticine or clay



### What you do

1. Ask a grown-up to put two holes into each end of the tin



2. Thread the sting through the holes.



3. Place a piece of plasticine on the string as a weight and pull it along to the middle of the tin. Thread the ends of the string through the holes in the lid. Leave the string with the clay loose enough so it hangs just above the side of the tin.



4. Put the lid on and tie the two end of string together. Cut off any extra string.



5. Decorate the tin by gluing the paper on the outside and drawing swirly lies on both the sides of the tin and the lid.

6. When finished, roll the drum away from you and watch it roll back.



# Balloon Kaboom

## Resilient Ant

*Ants are very resilient creatures. If you have ever trod on an anthill, you will know that the ants very quickly rebuild their anthill. If an obstacle is placed in their path, ants very quickly work out a way around it or build a bridge over it. We can learn from the ants. We can bounce back just like they do. Remember to be resilient like the ants.*



1. Draw a picture of the resilient balloon ant Pastor Daron made.

2. What are some of the things that ants do which makes them resilient?

---

---

3. What are some of the ways that we can show resilience?

---

---

## Resilience Word Search

s	t	c	e	s	n	i	q	w	z	e	g	n	a	h	c
f	t	s	u	r	t	g	d	k	l	s	m	v	b	c	z
s	n	d	e	w	l	h	e	c	r	e	a	t	e	d	s
s	a	w	c	w	h	j	c	x	g	n	i	y	a	r	p
b	o	u	n	c	e	b	a	c	k	s	o	a	r	e	f
p	b	l	g	s	r	h	l	t	s	a	i	t	e	a	a
r	s	o	v	i	n	g	c	t	o	t	p	r	r	o	v
o	t	c	a	e	r	r	i	r	a	i	s	o	a	i	e
t	a	n	t	s	n	i	f	e	o	o	u	r	p	t	s
e	c	e	x	p	e	r	i	m	e	n	t	s	m	h	e
c	l	g	f	e	a	e	c	n	d	a	a	h	o	g	i
t	e	n	v	r	e	i	a	n	d	l	n	t	c	i	n
e	b	o	d	a	n	h	t	g	n	e	r	t	s	r	o
a	l	r	s	t	d	n	i	a	m	g	n	o	r	w	l
r	e	t	u	r	n	w	o	n	k	h	t	o	b	o	o
r	e	s	i	l	i	e	n	c	e	h	a	p	p	y	c

around	bounce back	know	wrong
resilience	return	decalcification	praying
ant	power	love	change
obstacle	solve	insects	experiment
compare	strong	created	colonies
protect	sensational	strength	happy
react	trust	right	soar

# Resilience Word Scramble

1. Unscramble the following words. Use the word bank to help you.

ghsttner	
yahpp	
gapniry	
woepr	
notsgr	
loves	
siileerence	
peetxrimen	
boatslec	

## Word Bank

solve	resilience	obstacle
experiment	power	strength
strong	praying	happy

2. Match the following words with meanings

Resilience	A creature with a three-part body and six legs
Obstacle	A state of mind or feeling of contentment or joy
Insect	Being able to bounce back when something goes wrong
Happy	To find an answer or solution to a problem or question
Solve	To keep safe, defend, guard, keep from harm
Protect	Something that gets in the way or holds up progress

**Arnie's Shack - Pictures to Colour** by Beau Ferret

