



Parent's Facilitation Guide: Resilience in Nature Activity

Objective: This activity aims to help your child discover how nature, particularly trees and plants, exemplify resilience. We want to spark their creativity and encourage them to express their understanding of resilience through art.

Step-by-step Instructions:

1. Outdoor Exploration:

- Encourage your child to spend some time outdoors in your backyard, a nearby park, or any open space.
- Guide them to observe trees or plants that appear to have endured challenges yet remain standing strong.
- Examples could be a tree with bent branches but still grows tall or a flower that has grown through the cracks in a pavement.

2. Quiet Reflection:

- Once they've chosen a plant or tree, have them sit quietly beside it for a few minutes.
- Ask them to contemplate how this tree/plant might have faced adverse conditions like storms, harsh weather, or winds and yet continued to thrive.
- Share the fact: Trees that never face the adversity of wind tend to grow weaker and are less resilient.

3. Discussion:

- Engage your child in a discussion about the parallels between the tree's resilience and human resilience.
- Prompt them with questions like:
 - "How can facing challenges make us stronger, just like the tree?"
 - "What message does the tree's endurance give you about facing hardships?"

4. Artistic Expression:

- Provide your child with art supplies (paper, paints, pencils, crayons, etc.).
- Encourage them to create an artwork inspired by what they've observed and reflected upon.
- This could be a drawing of the tree or plant they observed, or any imaginative representation that symbolizes resilience.

5. Storytelling:

- Once their artwork is complete, have a little "show and tell" session.
- Ask your child to explain the story behind their creation, drawing parallels between the artwork and the concept of resilience.
- Let them articulate how challenges, symbolized in their artwork, can shape us and make us stronger.

6. Display and Share:

- Designate a space in your home to display your child's artwork. This could be on the fridge, in their room, or in a common area.
- If you have more than one child participating, consider setting up a small 'gallery' where they can display all their artworks and share their resilience-themed stories.

Note to Parents: This activity not only teaches about resilience but also encourages outdoor exploration, reflection, artistic expression, and communication skills. Your involvement and interest can make this experience even more enriching for your child. Remember to offer praise for their efforts and insights, fostering a positive environment for learning and expression.