

RESILIENT

The year is in full swing and we are moving to next word.

Reminder: We are utilizing a Character Counts kind of education with 12 words we would like to emphasize with our students throughout the year. Every three weeks we will present the word to students and families.

The word is:

RESILIENT: able to withstand or recover quickly from difficult conditions.

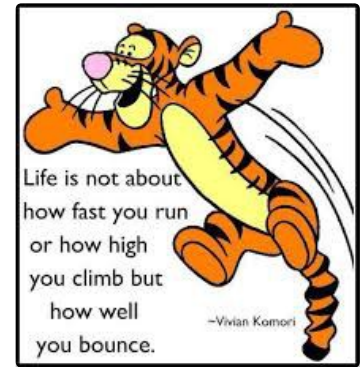
- *tending to recover from or adjust easily to [misfortune](#) or change*

What can you do to make this happen:

- Post the term definition in your classroom/work area
- Discuss the term and definition; give some examples
- Review the quote in the Daily Announcements
- Show videos if you have the opportunity
- Share examples of your own

Video Options:

- [Will Smith Video](#)
- [Resilient Video](#)
- [Malala Video](#)
- [Resiliency Motivational Video-MATEUSZ M](#)



Definition

re-sil-ient
/rəˈzilyənt/

adjective

1. (of a person or animal) able to withstand or recover quickly from difficult conditions.

"babies are generally far more resilient than new parents realize"

synonyms: strong, tough, hardy; More

2. (of a substance or object) able to recoil or spring back into shape after bending, stretching, or being compressed.



"a shoe with resilient cushioning"

synonyms: flexible, pliable, pliant, supple, plastic, elastic, springy, rubbery

