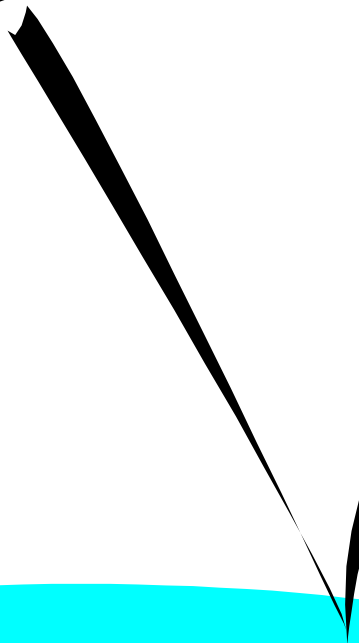
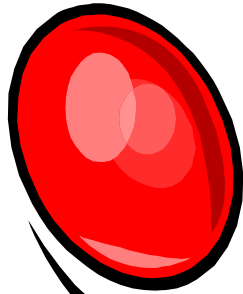


**Resiliency**



**Bouncing Back**

## Resiliency

**Identify Problem:** At some time while growing up most kids will experience some type of bullying. Many times they won't possess the skills to bounce back from these experiences. If they are unable to let it go, they often become the target for others because of their reaction.

### **Story:**

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do.

Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

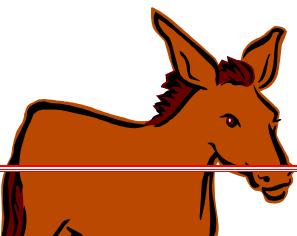
As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up.

Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping. Never giving up! Shake it off and take a step up.

### **Discussion:**

- Who was the bully in this story?



- Why did the farmer decide to bury the donkey?
- Why were the neighbors so willing to help?
- How did the donkey react to the situation?
- How can we relate this to bullying?
- What are some ways we can react to bullies that will discourage their negative behavior?

**Exercise:** Have the group make a list of ways to react to bullying that will not encourage further incidents. Examples: Use humor, don't react dramatically, and don't reward the bully.

Make a copy of the list to give to every student as a reference

**Identify Skills:**

- Students will understand not to reward the bully for their behavior.
- Students will learn that adversity can promote growth.
- Students will learn appropriate responses to reduce future incidents.

**Source:** Unknown