



Resilience

Means coping
with challenges
and bouncing back.

THE KIWI CAN CORNER

Taikaha – Resilience

This term in Kiwi Can it's all about Resilience. We will be explaining resilience as "**coping with challenges and bouncing back**". This is especially relevant with all the challenges COVID-19 and the lockdown are bringing us.

While we are in lockdown your children can find their online Kiwi Can lessons (and other resources) on our new YouTube Channel <https://bit.ly/2VUPvkL>. Please click through and **make sure to subscribe**. We will be regularly updating with new lessons and videos.

Please note there are different lessons aimed at different age groups. Each lesson will have its age group in its title. They are filed under your school's playlist but feel free to check out other Kiwi Can Leader's videos too.

Want to carry on the learning at home? Why not have a chat with your whanau about what **resilience** looks like for you in your bubble right now. What are some of the strategies you are using to cope with the challenges you are facing as a family?

Kia Kaha Kiwi Can! Stay strong, stay safe, stay at home!



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