



# Resilience and Bounce

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# What is resilience?

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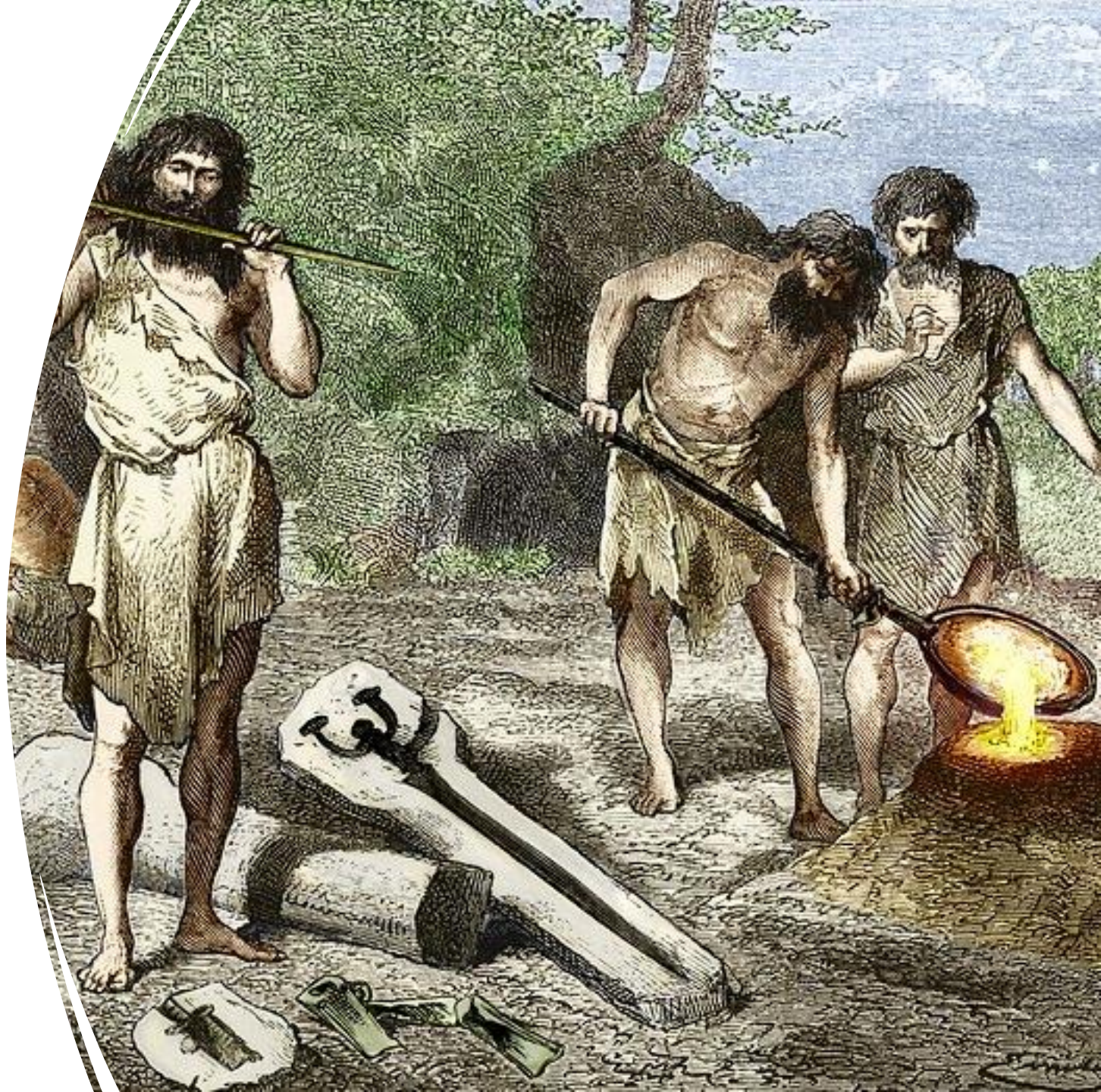
Resilience is the ability to cope with and recover from setbacks. It allowed our ancestors evolve and adapt to changes. This is why DNA is seen as the symbol of resilience.



# How have our ancestors been resilient?

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Our ancestors had to bounce back from many challenges, like the Toba volcano eruption that occurred 7400 years ago. This suddenly dropped the temperatures by 5 degrees. Only a few thousand humans survived, because of their ability to adapt to the harsh changes the ecosystem.



# Resilience Mind Map



# How can we be resilient in our daily lives?

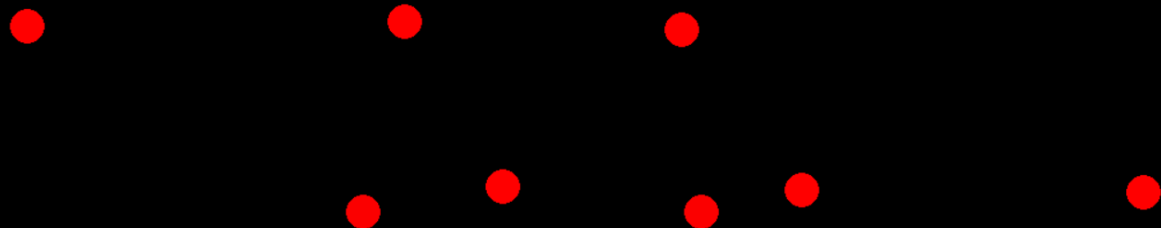
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Life is not simple, and we all face our unique challenges. What is important, is to not give up and bounce back. Even great entrepreneurs sometimes fail, and need a lot of resilience.

This is because we do not always succeed on our first try, and if we just give up when we inevitable fail, we will get nowhere. For example, Richard Branson was fined and lost a lot of money on his first business, however, he managed to bounce back and become the famous entrepreneur he is today.



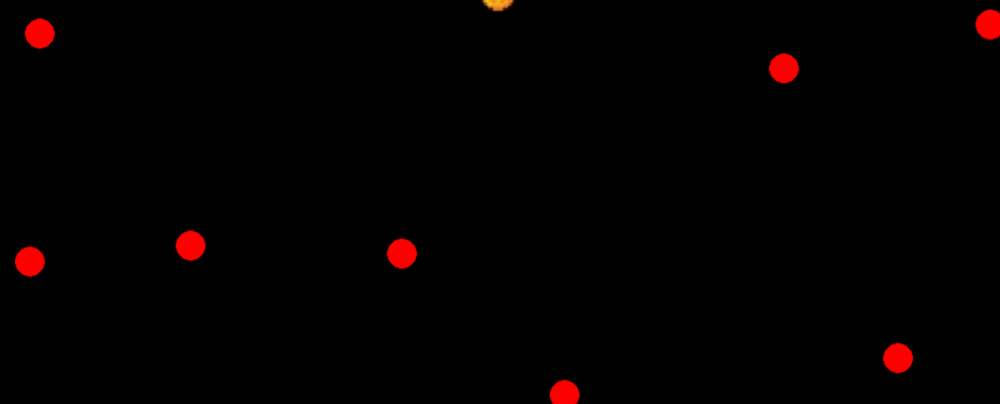
Points: 8



This is a simple game that literally involves bouncing. It requires resilience because you have to be patient and grind for the golden medal. The player also gets multiple lives because, even when you fail, you can bounce back and have another go. The instructions are in game.

# Bounce Game

Points: 5



# Links:

Link to GitHub:

**[Bounce-project-game](#)**

You could also follow the link ([https://youtu.be/O\\_bif1v71Sw](https://youtu.be/O_bif1v71Sw)) to watch a video recording of the game.