

What do we mean by resilience?

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Why use this activity?

This activity helps a group to explore the different ways that people within the group understand the term 'resilience', and to identify the local words that best define resilience for their context.



A brief description

The group is divided into pairs. Each pair is given one image. After discussing in pairs, they feed back to the whole group what the image communicates to them about resilience. The whole group then votes on which image best communicates the term 'resilience'. A group discussion follows.



You will need

- One copy of each of the eight pictures below
- Stones or bottle tops - enough for one per person



Timeline

- This activity takes approximately 1 hour



What to do

- Divide the group into eight smaller groups and give each small group one of the printed images. Explain that we are going to think about the concept of 'resilience'. A simple definition of resilience is: **the ability to cope with shocks or stresses without crisis**. A resilient community is one that assesses its own risk, vulnerability and capacity, and identifies actions that it can take to reduce that risk, using local skills and knowledge where possible.
- Ask the groups to discuss what the image communicates to them about resilience. There are different ways you could express this question, for example:

- What does the image communicate to you about resilience?
 - In what way does this picture speak of resilience to you?
 - What aspect of resilience do you see in this picture?
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- After about 10 minutes, bring the large group back together. Ask one small group at a time to show their image to the group and to briefly explain what their image communicates about resilience. After they have finished, the image should be placed on the floor where everyone can see it.
 - Once each small group has finished feeding back to the larger group, give each person a stone or bottle top. Ask people to place their stone/bottle top on the picture that they feel best communicates resilience.

Group discussion

- Once everyone has voted, ask people why they voted in the way they did. Facilitate a discussion on what people feel are the most important aspects of resilience. See whether as a group you can come up with your own definition of resilience for this particular context.
- Ask people what are the local words that best capture these ideas? Write them down.

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