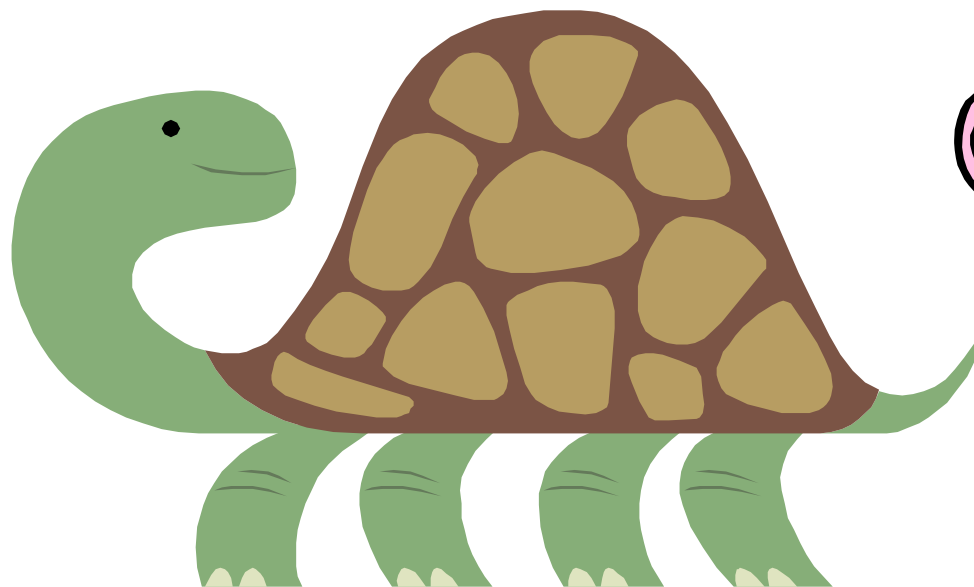
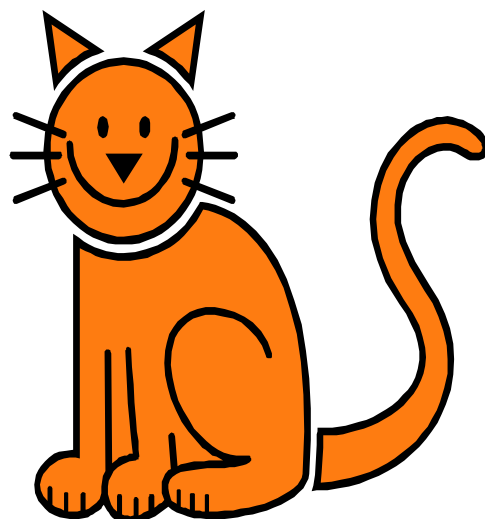
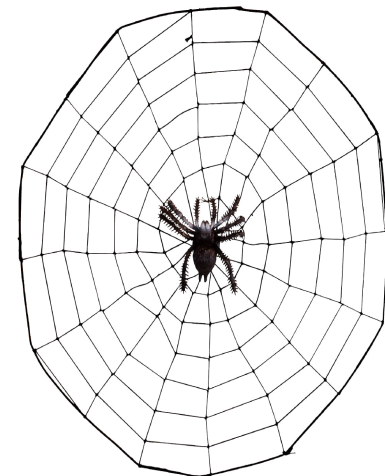


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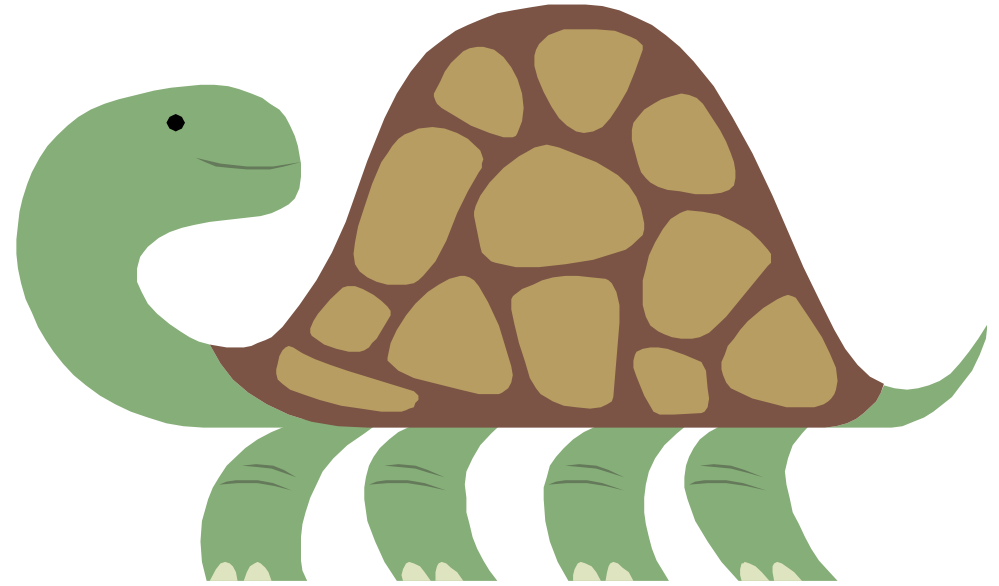


RESILIENCE

Tortoises keep on going.

Even when the going gets tough, they don't give up. They just keep on going.

We call this 'resilience.'



THE RESILIENT
TORTOISE

Aesop was a storyteller from Ancient Greece

One of his most well-known and well-loved stories is 'The Tortoise and the Hare.'



The Tortoise and the Hare

‘Look at me!’ said the Hare to the other animals. ‘Just look how fast I can run.’

The Hare ran across a field as fast as he could. All the animals agreed that yes the Hare was very fast. The Hare ran back.

‘See,’ he shouted. ‘I’m not even out of breath.’

‘Yeah, that was fast,’ said a Fox.

‘So who wants a race?’ said the Hare.
‘Anybody think they could beat me?’



None of the animals spoke.

‘See,’ said the Hare. ‘You’re all too scared to even try.’

‘I’ll have a go,’ said the Tortoise.

The Hare laughed.

‘You? The slowest creature in the whole world? I’m not wasting my time racing a Tortoise.’





‘What’s the matter?’ said the Tortoise.
‘Scared I might beat you?’

Some of the animals laughed at that
so the Hare said, ‘Alright then,
Tortoise. Let’s have a race...right
now...then we’ll see who’s laughing.’

‘Not today,’ said the Tortoise. ‘We’ll
race next week. Got to do a bit of
training first.’

Next morning the animals watched the Tortoise do his 'training'. First he did some gentle stretching exercises to warm himself up... ..and then he started to run.

'Has he started running yet?' asked the Fox.

'Hard to tell with Tortoises,' said the Badger. 'He's definitely moving.'

'Is he?' said the Fox.

'Tortoise, are you sure about this?' said the Crow. 'I mean the Hare IS very fast and you...well...'

'Don't worry,' said the Tortoise. 'This is just day one. I'll speed up. You'll see.'



On the day of the race crowds of animals came to watch. The Tortoise slowly made his way to the starting line and then suddenly...

...the Hare arrived at top speed wearing a brand new track suit and four expensive-looking trainers.

‘The race starts here.’ said the Fox pointing to a line on the ground.

‘And ends at that tree on the other side of the field. First one to touch the tree is the winner.’

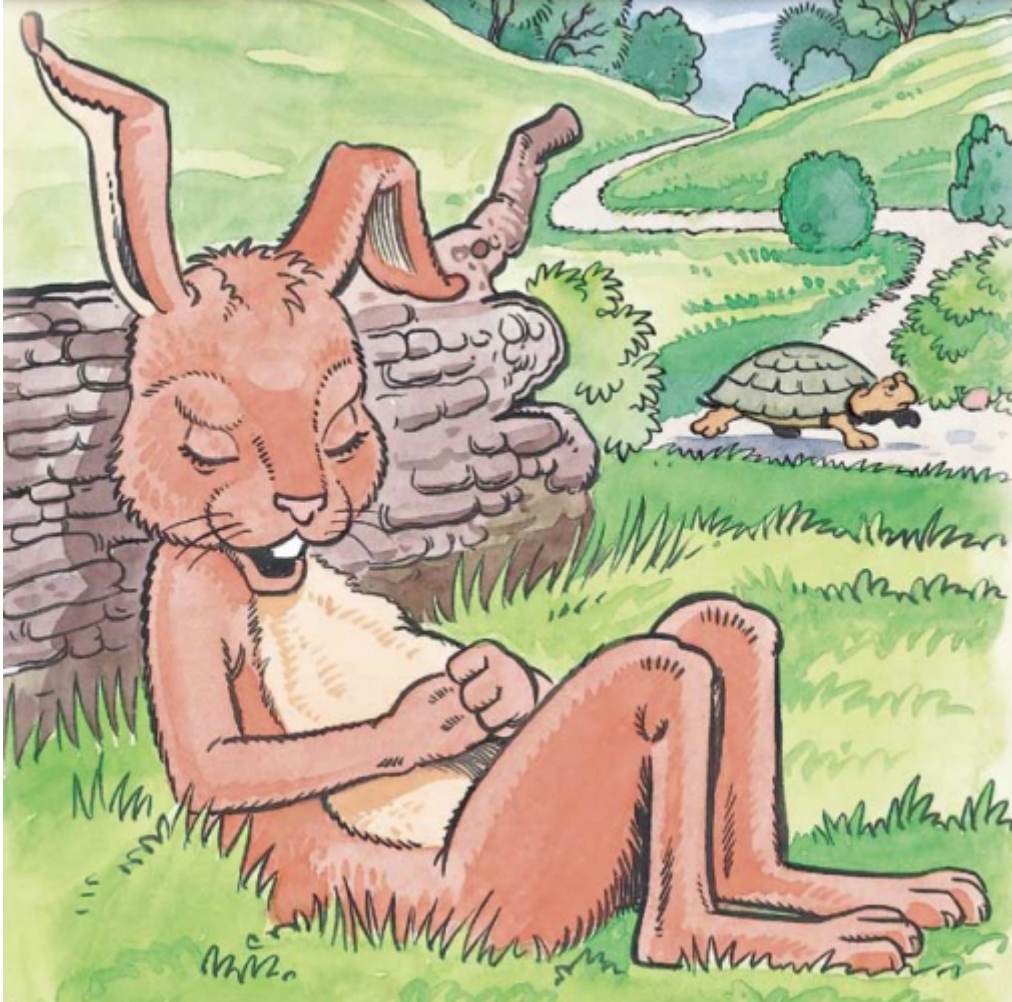
‘Right, let’s get on with it,’ said the Hare.

‘Ready Tortoise? Ready to see some real speed?’

‘I’m ready,’ said the Tortoise.

‘Ready, steady...go!’ said the Fox and the race began.





The Hare roared off then stopped and looked back. The Tortoise was still crossing the starting line.

The Hare ran back to the Tortoise.

‘Didn’t you hear him say go? You can start, you know.’

‘I have started,’ said the Tortoise.

‘Look,’ said the Hare. ‘You’re going so slowly I’m going to have a rest. Might even have a little sleep. I’ll finish the race when I wake up and still beat you by miles.’

The Hare lay down in the sun and fell asleep.



The Tortoise kept going.

Slowly, steadily he moved across the field and by evening time he was getting close to the finishing tree.

Still the Hare slept on and now the animals started to get excited.

‘You know what? I think he might win,’ said a Rabbit.

‘I can’t believe it,’ said the Badger. ‘The Tortoise might actually win.’



The animals started to get excited and as the Tortoise got close to the finishing tree they started to cheer.

‘Come on Tortoise,’ they shouted.

‘Nearly there. Keep going old friend. Keep going.’

But the noise of the cheering crowd woke up the Hare. He looked across the field, saw the Tortoise about to reach the tree and in a flash he was running.



The Tortoise heard the Hare thundering up behind him but he kept going...and going...and suddenly he was there.

Just in time the Tortoise touched the finish line with his nose.

He'd done it.

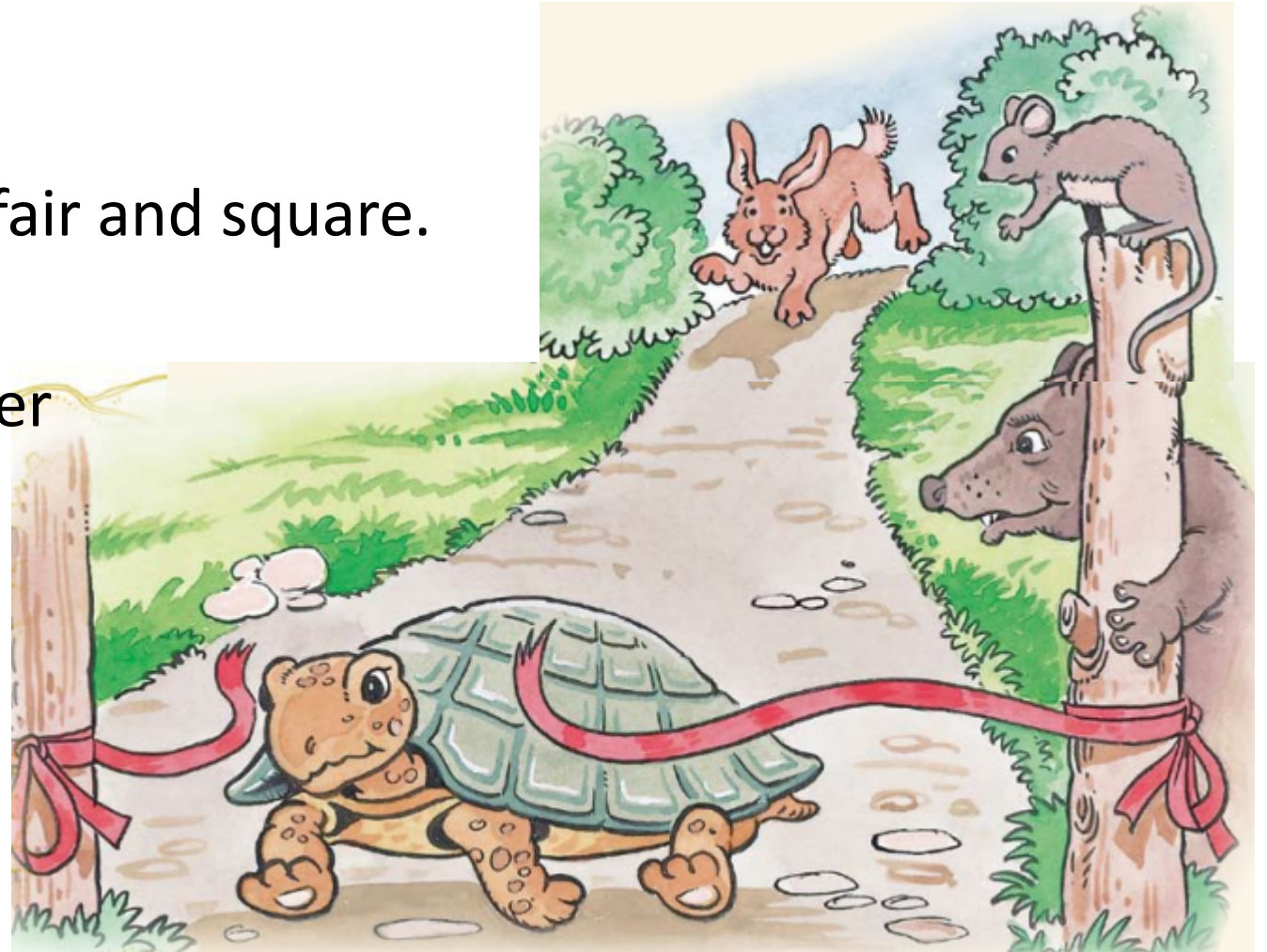
The Tortoise had beaten the Hare fair and square.

‘There you go,’ said the Badger.

‘Slow and steady’s sometimes better than fast and flashy.’

‘Not fair,’ said the Hare. ‘I was asleep. We have to run the race again. It’s not fair.’

But no-one was listening to the Hare.



Why did tortoise win?

What characteristics did tortoise have that helped him win?

Not
'put-off.'

Self-
belief

Inner-
strength

Perseverance

Kept on
going.

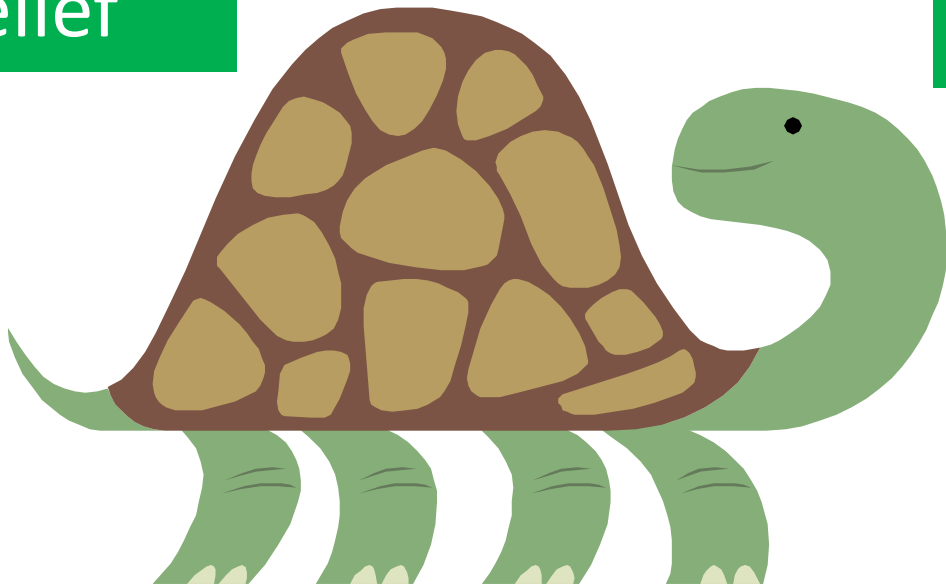
Slow and
steady

He knew he would get
there 'in the end.'

Didn't
give up.

Confidence

Resilience

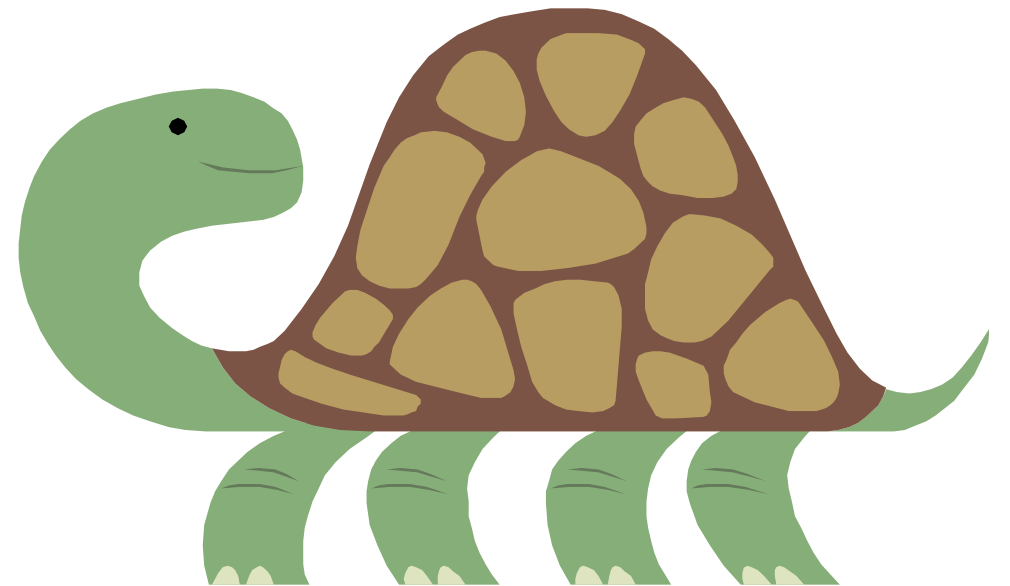


The Resilient Tortoise's hard shell

The Resilient Tortoise, and all resilient learners, has a hard shell. This helps him to take knock-backs without getting upset or anxious.

When we get feedback about our work, sometimes we need a hard shell (resilience) to be able to take it.

Resilient learners know this feedback (which is sometimes called 'constructive criticism') is a useful *next step* on their learning journey.



Austin's Butterfly

The power of
constructive
feedback and
being resilient.



Austin was a first grade boy in Boise, Idaho.



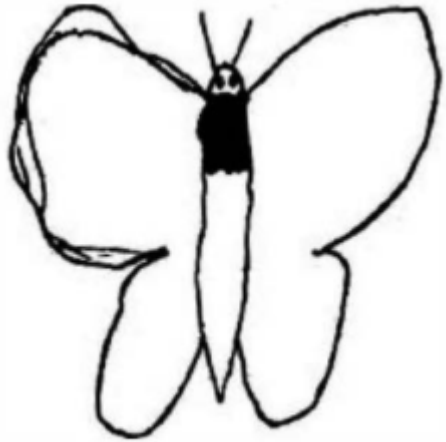
His job was to draw a butterfly:
a Tiger Swallowtail.

His class are used to giving each
other very precise, constructive
feedback – they call it a
'Critique Group.'

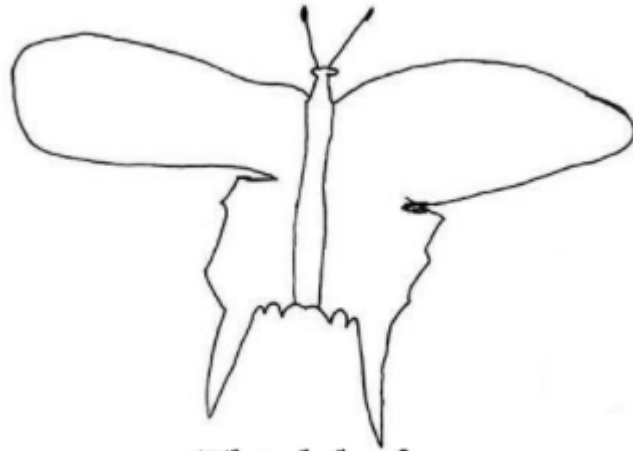
Watch the video to see what
happened.

<https://vimeo.com/38247060>

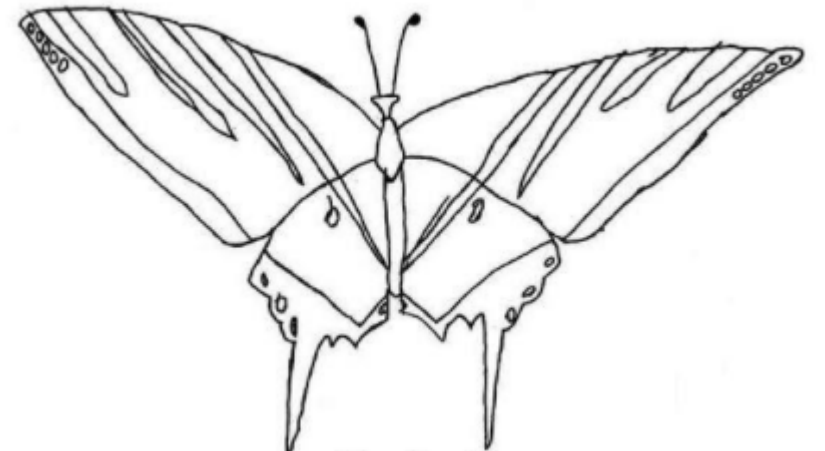
Constructive Criticism and Resilience



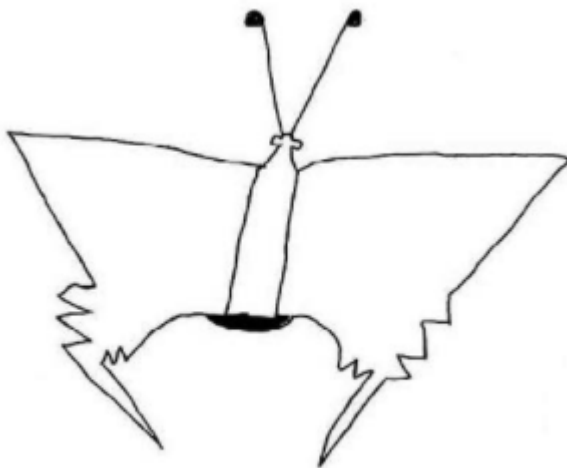
First draft



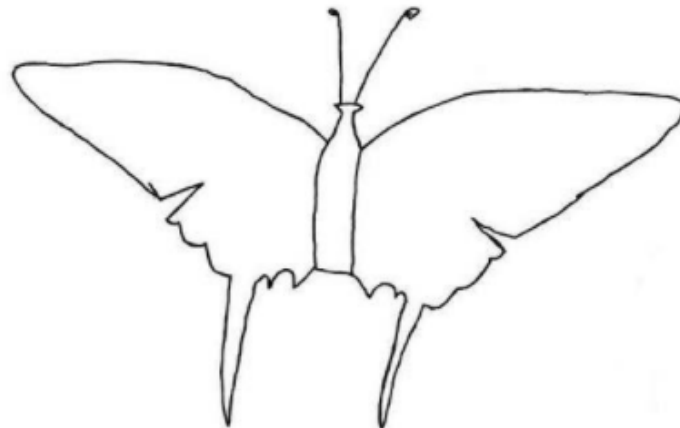
Third draft



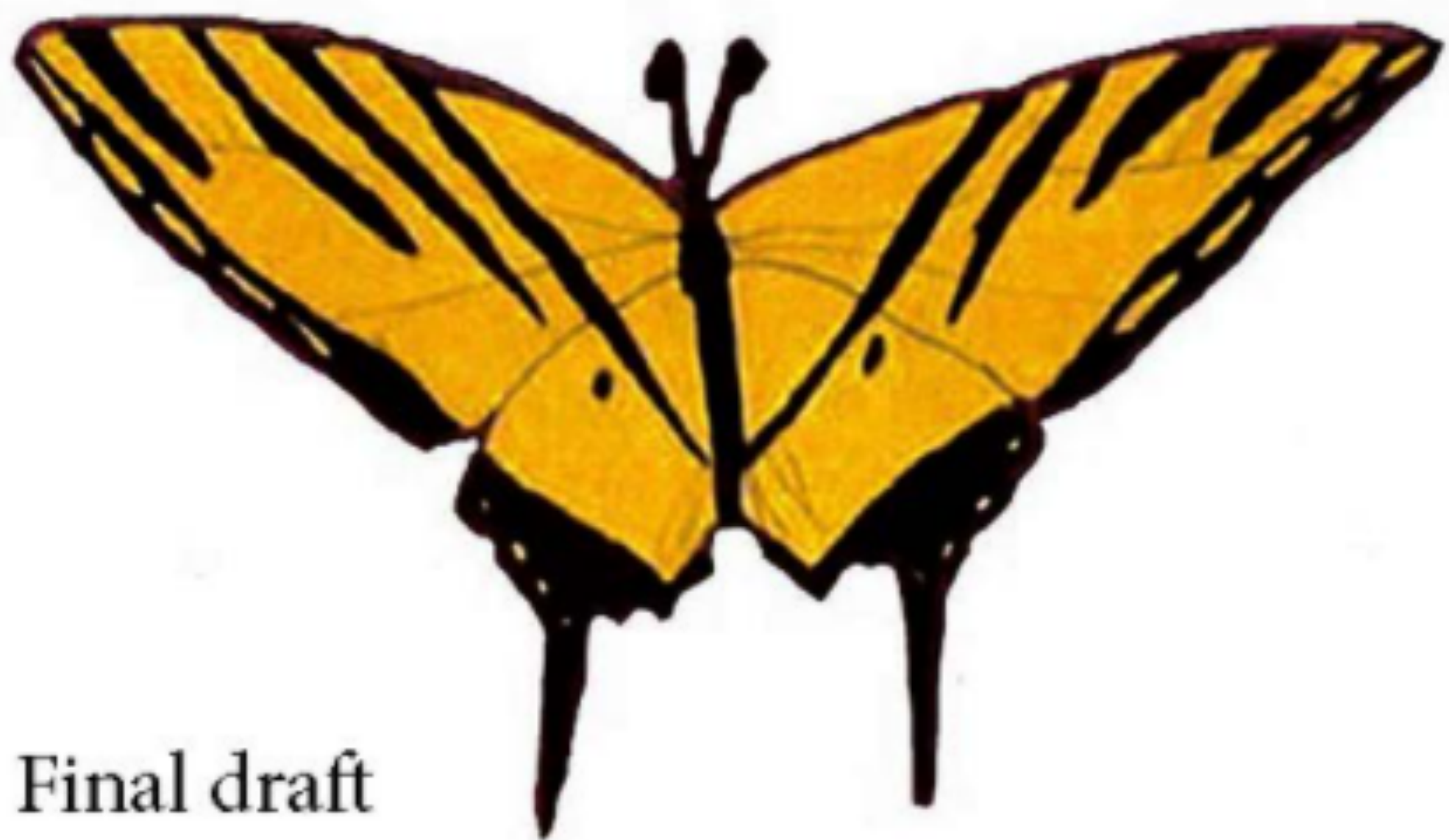
Fifth draft



Second draft



Fourth draft



Final draft

What characteristics did Austin's group need?

kindness

clear, specific advice

encouragement

friendliness

appreciation

honesty

What characteristics did Austin need?

Not 'put-off.'

Kept on going.

Perseverance

willingness to try

Slow and steady

He knew he would get there 'in the end.'

Didn't give up.

Resilience

Confidence

Inner-strength

Self-belief

The Resilient Tortoise: Resilience

