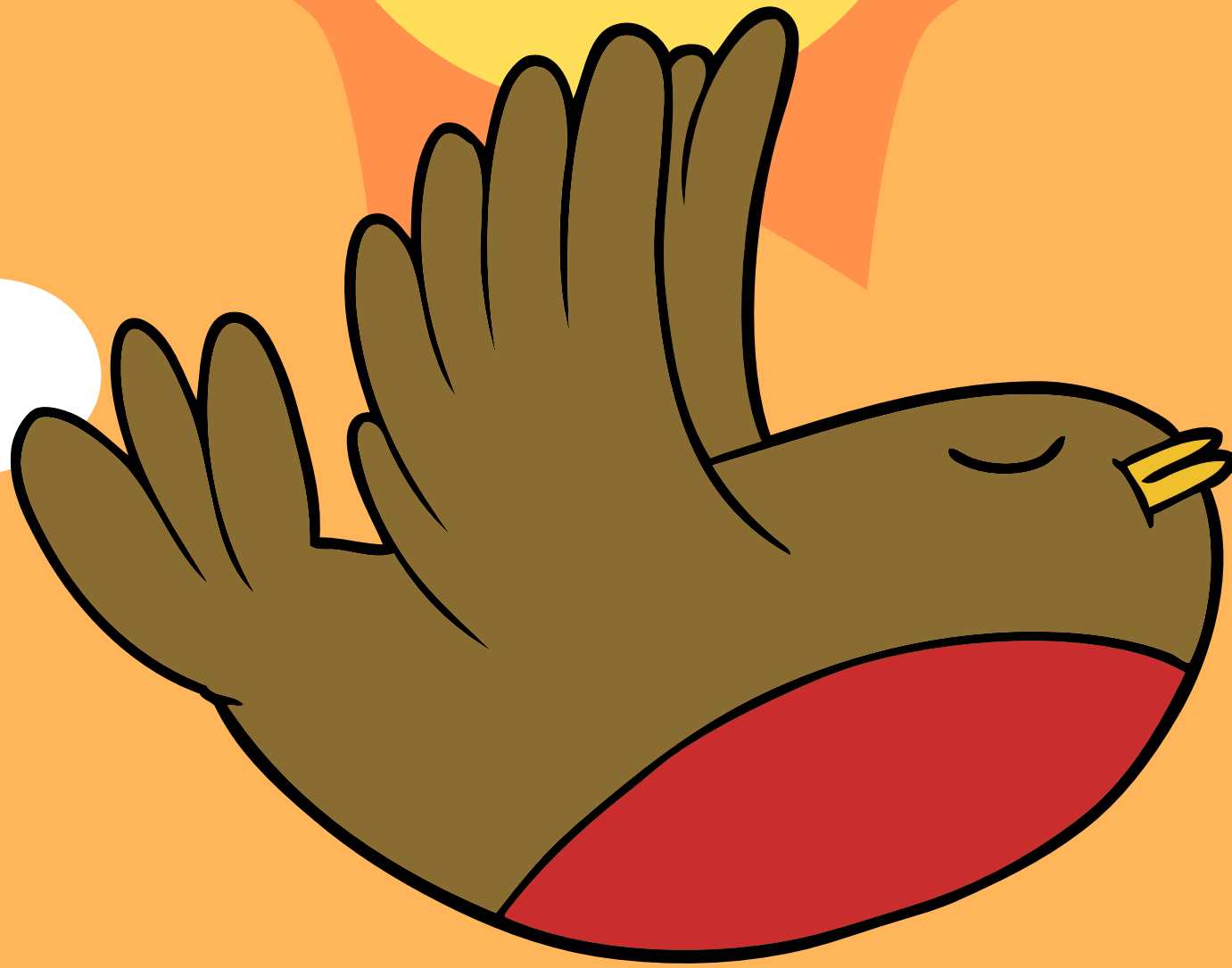


# REBECCA THE RESILIENT ROBIN

Learn How to Bounce Back



By Dr. Andrea C. Walker



REBECCA THE ROBIN WAS PARTICULARLY FAST AND ALWAYS BEAT HER FRIENDS IN THEIR GAMES OF CHASE.

HER SPEED KEPT HER WELL AHEAD OF THE FLOCK..

"REBECCA SURE IS FAST," SAID ONE OF HER FRIENDS.  
"WILL SHE EVER SLOW DOWN?"

ONE DAY AS THE CHASE CONTINUED, REBECCA FLEW ACROSS THE FIELD COMPLETELY FORGETTING SHE WAS APPROACHING A BIG TREE.. SHE TURNED AROUND AND TEASED HER FRIENDS SAYING, "AW, C'MON GUYS, HOW HARD IS IT TO KEEP UP?"

JUST AT THAT MOMENT, REBECCA HIT A BRANCH AND FELL OUT OF THE SKY ONTO THE GRASS. WHEN HER FRIENDS WENT TO HER AID, THEY REALIZED ONE OF HER WINGS WAS BADLY INJURED.


"OH NO," SCREAMED REBECCA, "I'LL NEVER BE ABLE TO FLY AROUND AT TOP SPEED AGAIN!"

SHE SPENT HER NEXT FEW WEEKS SULKING AROUND, BUT DAY AFTER DAY, HER FRIENDS ENCOURAGED HER TO BE POSITIVE AND PUSH THROUGH.



**"DON'T WORRY." THEY SAID AS THEY COMFORTED HER.  
"YOU'VE GOT WHAT IT TAKES TO BOUNCE BACK! YOU ARE  
RESILIENT!"**

**WITH THAT ENCOURAGEMENT, REBECCA STARTED MOVING  
AROUND AGAIN. LITTLE BY LITTLE, SHE REGAINED HER  
STRENGTH AND STARTED TO FEEL CONFIDENT. SOON, SHE  
WAS AS FAST AS SHE WAS BEFORE.**



**"I'M SO HAPPY THAT YOU GUYS ENCOURAGED ME." SHE  
SAID. "I THOUGHT I WOULD NEVER FLY AGAIN, BUT YOU  
BELIEVED IN ME AND I STARTED BELIEVING IN MYSELF.  
LET'S CELEBRATE WITH A CHASE FOR OLD TIME'S SAKE."  
SHE CHALLENGED. "FIRST TO THE OTHER SIDE WINS A  
PRIZE!"**

## **REFLECTION**

**UP UNTIL HER ACCIDENT, REBECCA'S LIFE WAS WONDERFUL. THE MINUTE  
SHE LOST HER ABILITY TO BEAT THE FLOCK, SHE FELT HOPELESS. SHE  
THOUGHT THINGS WOULD NEVER BE THE SAME AGAIN. RESILIENCE HELPS  
YOU GET UP EACH TIME YOU FALL. WITH EACH FALL COMES EXPERIENCE TO  
PREVENT THE SAME THING FROM HAPPENING AGAIN.**

