

1.0.1

SERIES 1

Establishing Resilience Principles



Understanding Resilience

Activity 1.0.1

Over the course of the next few days, while working through Series 1, we will be engaged in a creative process. To begin a climate change resilience process we have to think about ourselves and our cities in ways that may be quite different from what we're used to.

This activity will be a little bit of a warm up, a fun way to start thinking in new ways.

In subsequent sets, you will gain a more complete understanding of resilience, and how it relates to your city's systems, agents and institutions and how to begin the urban resilience process (Series 1); its vulnerabilities and how to identify potential climate risks (Series 2); and how to identify resilience strategies and actions (Series 3).

IN THIS ACTIVITY YOU WILL:

- ✓ Use a fun and creative activity to explore what resilience means (for your group)

(Unlike most other activities in this series there are 3 different options to choose from. The facilitation team may have chosen an activity that they think fits the group best; the others are outlined as examples of other approaches to think about.)

ACTIVITY 1.0.1: UNDERSTANDING RESILIENCE

INSTRUCTIONS

Choose one of the following activities to complete with your group.

Storytelling

- Tell or solicit a creation/flood/disaster story of resilience that will likely be familiar to most people present, or has particular meaning to you.
- After telling the story, as a group, reflect on:
 - What characters are resilient? What are the attributes that make them resilient?
 - What role do they have in the story?
 - How is this related to community identity?
 - What can we learn from these characters and the relationship that our community has with them?

Game Show

- Break your group out into teams of 2–4
- **Select a Champion:** The most resilient local animal, plant, or character.
- **10-minutes:** In your group, develop your champion's profile and evidence to support your selection.
- **1–2 minutes:** Select a spokesperson for each champion to present your champion's profile.
- **1-minute:** Players offer rebuttals/discussion points.
- **Vote:** Each group, please vote on your favorite champion. (You may not vote for your own champion.)
- **Discussion:** What can we learn from these characters and the relationship that our community has with them? How does this relate to the resilience planning process?

Drawing

- Find a quiet place to sit.
- Select a creative medium (For example, pencils, markers or other arts supplies).
- Draw an image that represents resilience to you. *It could be any image; a symbol, scene from a story, a plant or animal. Your drawing might even be inspired by a personal memory or family story.*
- When the facilitator calls you back after the established time (~10 minutes) find a partner to have a conversation with.
 - With your partner share what you drew and why. Discuss what attributes of resilience were present in both of your drawings. What was different? Are there things that you would add now that you hadn't thought of before?