

JANUARY 2025 | MARINE IGUANA

RESILIENCE

GETTING BACK UP WHEN
SOMETHING GETS YOU DOWN



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Resilience JANUARY 2025



SAY IT:

Resilience: Getting back up when something gets you down

KNOW IT:

ASK A GROWN-UP:

- Tell me about a time in your life when it was hard to get back up when something got you down.
- Do you know someone who has shown great resilience by continuing to get back up?

ASK A KID:

- Name a subject at school or a skill in sports you find challenging.
- How could you show resilience when that subject or skill gets you down?

SEE IT:

Have you ever listened to the alternative rock song called “Get Up” by the band Superchick? The words to this song summarize the meaning of resilience. The song begins with the words, “I’m not afraid to fall. It means I climbed up high. To fall is not to fail. You fail when you don’t try. Not afraid to fall. I might just learn to fly and I will spread these wings of mine.” The chorus goes on to say, “ If I get up, I might fall back down again. So let’s get up, come on. If I get up, I might fall back down again. We get up anyway. If I get up, I might fall back down again. So let’s get up, come on. If I get up I might fall back down again. I might fall back down again. We’ll just jump and see, even if it’s the 20th time. We’ll just jump and see if we can fly.” Take a few minutes and listen to this song...maybe you can even sing along and let this be a resilience challenge for you to continue to “get back up when something gets you down.” <https://www.youtube.com/watch?v=JAhtLeP4rUk>

BE IT:

Set some goals for you and your family or friends that might be a little challenging. Pick a sports skill or exercise goal that seems out of your reach. Don’t get discouraged if you don’t reach your goal, but celebrate each time you get back up and try again. Discuss with your friends or family how you can continue to develop resilience.

PHASE

Resilience

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In the elementary years,
a child develops skills that
equip their future.

Here are three questions that all elementary-aged children are asking:

1. Do I Have Your Attention?

In Kindergarten and first grade, a child craves adult attention and approval.

2. Do I Have What It Takes?

In second and third grade, a kid wants to know how their abilities compare with peers.

3. Do I Have Friends?

In fourth and fifth grade, a kid begins to prioritize friends in a new way.

Relationships create a safe place to resolve who we are. Relationships bring clarity. When kids see themselves the way a loving adult sees them, it changes how they see themselves.

january 2025

RESILIENCE // MARINE IGUANA // RED OCHRE

It might look like something from a sci-fi or fantasy movie, but the marine iguana is a real animal that has met and survived many challenges. These reptiles live in the Galápagos Islands and are the world's only seafaring lizards, eating primarily red and green algae. Adult males dive for it, and females and youngsters feed when the tide goes out.

They are dark with short snouts, razor sharp teeth and claws, and flat tails, all adapted for feeding and swimming underwater. Males sport bright colors during mating season, which vary depending on their subspecies. They are larger than females, with some reaching more than four feet long.

The Galápagos Islands are an archipelago (chain of islands) of volcanic origin off the coast of Ecuador. When English naturalist Charles Darwin famously visited in 1835, he described marine iguanas as "hideous-looking" and wrote that someone called them "imps of darkness". He did concede that they "swim quickly and with much elegance".

It would be hard to argue against a "cool" factor, though, as these lizards have spikes for dorsal scales. And here's a fun trick: they "sneeze" out excess salt that accumulates because of their diet.

But wait – there's more. El Niño events bring warmer waters to the islands, causing red and green algae to die off. With their primary food source gone, many marine iguanas die too. However, some individuals do the unthinkable – they shrink themselves! They don't just lose weight as if they were on a diet. Their body length shortens, by as much as 20 percent. Smaller marine iguanas fare best in these extreme situations.

When waters cool and their favorite algae return, their skeletons grow longer again. A marine iguana can experience this cycle several times in its lifetime.

RESILIENCE: *Getting back up when something gets you down*



Marine Iguanas have amazing adaptations for bouncing back from hardship.

january 2025

RESILIENCE // MARINE IGUANA // RED OCHRE

Red ochre (pronounced 'ōkər') has staying power. It was the first paint found at ancient and prehistoric archeological sites around the world. As a natural clay pigment with hematite, it contains oxidized iron, hence its red hues. Used long before paint brushes existed, red ochre doesn't wash away over time. Its longest continuous use is traced to Australia, where it has been central to indigenous art and expression for ages. Because it sticks so well to all kinds of surfaces, from cave walls to human skin, we are able to glimpse artistic markings from the paleolithic past.

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