

CINDY AND HENRI



IT'S BACK-TO-SCHOOL TIME!

HOW'RE YOU ALL DOING, GUYS?

JUST OKAY. IT'S NOT THE SAME WITH THIS SOCIAL DISTANCING.

YEAH!



YOU KNOW, HENRI, I'VE BEEN THROUGH HARD TIMES BEFORE: I WAS VERY SICK AND BADLY BULLIED AS A KID.

AND YOU SURVIVED ALL THAT?

OBVIOUSLY! SHE WOULDN'T BE "CINDY" OTHERWISE!



YEAH, I OVERCAME THE SITUATION THANKS TO MY PARENTS, WHO WERE ALWAYS THERE FOR ME. THAT'S WHY YOU GUYS MUST ABSOLUTELY HELP AND SUPPORT ONE ANOTHER.

THE CHALLENGES I FACED MADE ME WHO I AM TODAY. I WAS DEVASTATED BY THE BULLYING, BUT I CAME OUT OF IT STRONGER AND BRAVER.

AND TO TURN A BAD EXPERIENCE INTO SOMETHING WORTHWHILE, YOU NEED TO BE CREATIVE. IT'S LIKE LEARNING FROM A DEFEAT SO YOU CAN BECOME BETTER NEXT TIME ROUND.

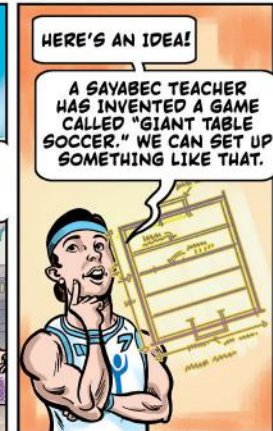


THAT'S WHAT WE CALL "RESILIENCE"!



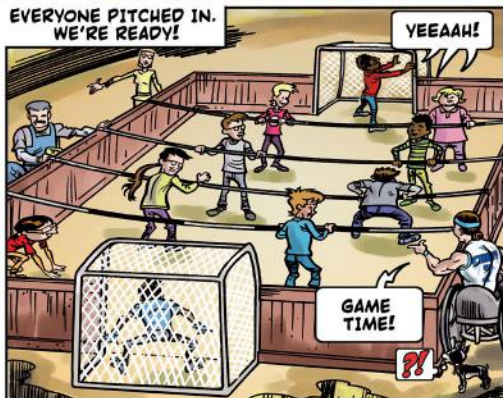
THAT'S ALL WELL AND GOOD, BUT WE JUST WANT TO HAVE A GOOD TIME, LIKE BEFORE!

WE WANT ACTION! WE WANT TO PLAY!



HERE'S AN IDEA!

A SAYABEC TEACHER HAS INVENTED A GAME CALLED "GIANT TABLE SOCCER." WE CAN SET UP SOMETHING LIKE THAT.



EVERYONE PITCHED IN. WE'RE READY!

YEEAAH!

WHAT ARE THEY ALL DOING IN MY DOG RUN? HUMANS ARE WEIRD...

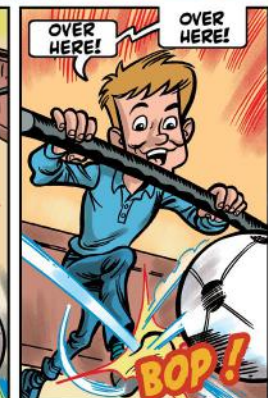


THESE TUBES ARE GREAT!

YEAH, THEY MAKE IT EASY TO MAINTAIN DISTANCE BETWEEN US!



HEY, CATCH IT!



OVER HERE!

OVER HERE!



ANOTHER PASS!



AND ANOTHER!



WE SCORE!



THIS IS AS MUCH FUN AS REAL SOCCER!

I DIDN'T REALLY THINK I'D ENJOY GOING BACK TO SCHOOL!



YOU SEE, WITH RESILIENCE, WE CAN ALWAYS GET SOMETHING WORTHWHILE OUT OF HARDSHIP.



ME TOO, I LIKE IT. I CAN'T RESIST A SOCCER BALL!



Why does it have to happen to me? When we run into hardship – let's say an illness, a loss or bullying – we don't always have an answer. But if we look for ways to overcome the hardship, we'll come out of it a better person. The support from others is important, giving us the strength to continue building resilience.

