

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_



## FINDING VALUE: KIDS EDITION

### WHEN WE FALL DOWN

#### BACKGROUND

Inspired by the *Strike Fast, Dance Lightly: Artists on Boxing* exhibition, the Finding Value: When We Fall Down (Kids Edition) episode highlights the reflection of a young museum visitor.

#### INTRODUCTION

Resilience is the ability to keep moving forward to reach your goal in the face of challenges. Emotions such as anger and sadness are completely normal. One of the tools that can improve your ability to move forward during tough situations include affirmations. They are powerful statements that allow us to validate who we are and what we are capable of. One of the most influential boxers, Muhammed Ali, was known for speaking his affirmations out loud. His famous speech "*Float like a butterfly, sting like a bee*" is an example of how he presented himself to the world and displayed his mental fortitude.

#### INSTRUCTIONS

Select a piece from the *Strike Fast, Dance Lightly: Artists on Boxing* exhibition. You are also invited to select another art piece that speaks to the theme if applicable. The alternative can be an illustration, object, song, etc.

#### GUIDED REFLECTION

1. Which piece did you select to discuss today?
2. Can you describe the piece? What does it look like?
3. How does this piece make you feel?
4. Create your own affirmation using the piece as your inspiration.
5. Include your affirmation during your daily routine.