

Bounce: Inner Trampoline

I, Resilience, have many names:
Perseverance, trying again, never giving up:
I'm a constant presence,
in assemblies and lectures;
And I may seem like an old thing,
but I've never been more new.

My name, Resilience, is always ringing in ears -
Like the buzz of the air con,
Or the tick of a clock;
So prevalent that I'm almost ignored -
But there are times,
When you stop, and if you listen hard,
I'm still there,
As relevant as ever.

I, Resilience, am willing you,
To go and do what you do best,
Because even if you miss,
I'm there to encourage you,
To bounce up, bounce back,
And try again.

I, Resilience, have layers which help me jump -
Every part of me is important,
Just like every part of you;
Frogs like me face challenges,
Just like every other creature;
But like every other creature,
We bounce up,
Bounce back and try again.

I, Resilience, am telling you now,
That you have the potential; the ability,
To be your best self;
But you need to bounce first;
Don't be a leaf: they have to fall at some point,
and when they do, they just lie,
On the ground,
Waiting for the winds of life,
To carry them away -
Or to be raked up, discarded,
And never seen again.

I, Resilience, encourage you,
To unleash your inner trampoline,
To help you face your day;
Because it is impossible to progress,
Unless you can bounce;
If you shine a torch into,
The uncertainty of life,
There are hard surfaces everywhere,
And you're going to collide with them -
More often than not.

But if you choose to bounce and be strong,
You'll get through it;
You won't be unscathed,
But you'll have made it,
Knowing that you were,
The best you could be through it all,
Because you chose to bounce,
Rather than be a leaf;
So be Resilient, like me.