



- "Starting with nothing and ending up with something. Interpreting something you saw or experienced and processing it so it comes out different than how it went in." Henry Rollins
- "To me, creativity is seeing and communicating ideas in ways that are unique, compelling, and unexpected." Lee Odden
- "The ability to connect the seemingly unconnected and meld existing knowledge into new insight about some element of how the world works. That's practical creativity. Then there's moral creativity: to apply that skill towards some kind of wisdom on how the world ought to work." Maria Popova
- "Taking what's in front of you and everybody else and making something new out of it." Austin Kleon

- 'The kinds of things we need to make happen (e.g. events, parenting strategies, relationships, resources) to help children manage life when it's tough. Plus ways of thinking and acting that we need ourselves if we want to make things better for children.' (Aumann & Hart, 2009, p. 11)
- 'When faced with a tragedy, natural disaster, health concern, relationship, work, or school problem, resilience is how well a person can adapt to the events in their life. A person with good resilience has the ability to bounce back more quickly and with less stress than someone whose resilience is less developed.' (Harold Cohen Ph.D paper)
- 'The capacity to recover quickly from difficulties; toughness' (Google Dictionary)











































