

# Resilient 'Roo's Respectful Resolution



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The track is ready, the contestants are warming up, and the long jump tournament is about to begin.

The **warmth** of the Australian sun casts a bright glow across the sand, piled at the end of a well travelled dirt track.

Today, like most days when the sun is out, was a great day for the kangaroos to **practise** and show off their long jump **skills**.



Resilient 'Roo, along with all the other kangaroos, loves long jump!

They love the charge up and sprinting at light speed across the track, the feeling of flying through the air, and the

## SQUASH

of the sand on their paws. It is fair to say that long jump is a special sport to the kangaroos.

So special, that sometimes some kangaroos would get too caught up in their feelings for being a great long jumper, that they let their words get the better of them.

Well, that's what Resilient 'Roo thought.

Kangaroos from all across the  
expanse of the Australian plain  
gather to **play** long jump **together**.

Speeding along the tracks,

leaping and bounding through the air,

spending time playing and **growing**  
together under the sun.

Wow, what an **opportunity**!  
Well, that's what Resilient 'Roo  
thought, anyways.

Resilient 'Roo also appreciated  
**healthy competition**.  
They thought that it was great to  
**challenge** one another and **support**  
each other's **success**.

After an exciting session  
**stretching** and **laughing**,  
jumping and cheering,  
the kangaroos concluded it was time  
for their usual long jump tournament.

Kangaroo after kangaroo sprinted,  
leaped, and eloquently landed.

“YES! Let’s go!”

“Aw I can do better,  
can I have another go?!”

“Not bad!”

“ ..... ”

It was time for Resilient 'Roo to step up to the line for their **turn**.

“Alright,  
run run run,  
one paw in front of the other,  
then jump and stick the  
landing.”



Although Resilient 'Roo wasn't too **nervous** about not getting the best score, they still wanted to get a good jump.

One paw in front of the other and Resilient 'Roo was off!

And then they were down.  
Face down in the sand, in fact.

After a moment of **embarrassment** passed for Resilient ‘Roo, they bounced back up, looked over at the Mates, and they all laughed it off together.

“Resilient ‘Roo, are you okay?”



Questioned Brave Burra, keeping composed before laughing it off with Resilient ‘Roo.



“Head over heels, mate?”

Peaceful Platypus joked, trying to turn an **unfortunate situation** into a humorous one for Resilient ‘Roo’s sake.

Resilient 'Roo took a  
deep breath in,  
counted to 4,  
took a deep breath out,  
and counted back to zero.

“That wasn’t quite the landing I was  
aiming for.  
But hey, I’ll get it done next time!”

Resilient 'Roo reflected.

A slow buzz of chatter interrupted  
Resilient 'Roo’s thought.  
A figure started hopping towards them.  
It’s Boxer,  
an infamous long jump champion,  
approaching with a smug smile.

“You are wasting your time here,  
you’re no good at long jump!”



This comment caught Resilient ‘Roo off guard.

Yeah, they knew it was a bad landing, but getting **insulted** just wasn’t **right**.

Resilient ‘Roo felt a wave of **frustration** rush through them.

Two **options** weighed in their mind; return the unkind statements and feel worse, or **choose kindness**.

“Yeah, I face planted, and it was a rough time.

I’m going to **try again** though.  
It’s all a bit of fun.”

Resilient ‘Roo chose **kindness**. They knew how important it is for us to maintain our **dignity** and keep our **inner peace**.

Disgruntled and unsatisfied with Resilient 'Roo's **firm response**, Boxer mumbled and grumbled, flexing at the other kangaroo's as they passed.

"Wow, you really kept your **chill** there."



Kindness Koala said, impressed by Resilient 'Roo's ability to **control** their **reactions** and **respond** effectively.

Resilient 'Roo took Kindness Koala's **compliment** on board, and carried themselves with **pride** back to the long jump track.

The time had arrived for the final round of the Kangaroo's long jump tournament.

**Tension** was high among the top scorers, all hoping to win first place.

Some were hoping to beat their **personal bests**.

Some were there because they simply love to jump.

Either way, the **emotions** were high.

Running, *leaping*, landing.

“Wooo!”

“Yeah!”

“Hooray!”

Resilient ‘Roo was ready for their final turn, **determined** to end with a new personal best.

Peaceful Platypus leaned into Resilient ‘Roo to impart **encouraging** words of wisdom,



“Swim with the tide to  
enjoy the ride...  
or the long jump...  
anyways you’ve got this!”

After a moment of **mindfulness**,  
taking **deep breaths in and out**,  
eyes set on the pile of sand ahead,  
Resilient ‘Roo sped down the track,  
jumped through the air, and landed in a  
spot further than they had before.  
Resilient ‘Roo burst into **celebration**  
about their new personal record, and  
the Mates and the other kangaroos  
cheered at this success.

Next up to the mark was Boxer.

Getting the best score was devastatingly important to Boxer, and although Boxer was quite excellent at long jump, they still felt quite **insecure**.

Although it felt great being more superior at the sport than everyone else

(according to Boxer),

it also felt like a big **pressure** to be the best long jumper.

All that pressure made Boxer feel insecure.

So insecure that Boxer slipped on their run up,

tumbled along the track, and landed face first in the sand.

Embarrassment,  
disbelief,

and shame covered Boxer.

Boxer's hope of winning the long jump tournament was now shattered.

The feeling of anger and disappointment began to swirl inside Boxer's body.

Raising their head, Boxer saw the crowd of kangaroos looking at the scene, most of them sharing encouraging smiles and offering assistance.

Boxer ignored this and leapt to the ground heading straight for Resilient 'Roo.

“Hey! This is your fault!  
What did you do to the track?  
You're the kangaroo that falls face  
first in the sand, not me!”

Resilient ‘Roo knew that this wasn’t their fault.

They also knew that Boxer was feeling embarrassed and **ashamed**, and wanted to help take the **attention** off of Boxer’s long jump mishap.

It is a big and **brave** choice to be the kinder person sometimes, but Resilient ‘Roo knew it was the right choice.

“Boxer, I know how it feels to have things not work out the way you want them to.

It happens to all of us every now and then.

All we can do is keep practising and focus on making **progress**.

Let it go mate and move on.”

Boxer stopped and stared at Resilient 'Roo, surprised to be met with such a calm and compassionate response.

After a moment of reflection, Boxer responded.

“I.... I guess you're right. I'm sorry. Long jump is really important to me and failing really frustrates me. I guess all I can do is keep trying.”

With this new realisation, Boxer hopped away to the training field to put their new wisdom into action.



A wave of **peace** washed over Resilient 'Roo knowing they **stood up for themselves** calmly and **respectfully**.

Like Resilient 'Roo says,

“Raise your voice and make kindness your choice.”

