

# Hop Through Hardship

**R**abbits may seem cute and fluffy. But did you know they're also smart and good at coping with a crisis? Wild rabbits watch out for each other in groups called colonies. If a rabbit senses danger, it thumps its back feet to warn others. When chased by a predator, it cleverly flees in a zigzag pattern to avoid getting caught. And it can run up to 45 miles (72 km) an hour!

We can learn from rabbits and how they handle challenges. If a family member loses a job, gets sick, or faces any problem, you can support each other. In tough times, talk honestly about your feelings.

Meditate on what you're grateful for. Focus on your family's strengths, and think about how you've persevered in the past. Try to find things to laugh about, too! With love and unity, you can hop through hardship.



FIND NINE RESILIENT RABBITS WORKING TOGETHER AFTER A STORM.

