



# Change, Continuity & Resilience

## Overview

This lesson explores how Newfoundland communities have adapted to change over time while maintaining cultural continuity. Students will examine how shifts in technology, environment, and society have transformed daily life from the 19th century to the present. Students will investigate how resilience is expressed through adaptation, innovation, and the preservation of identity.

## Lesson Objective

1. **Analyze** how changes in technology, environment, and society impact people and communities.
2. **Identify** examples of continuity and change in Newfoundland life from the 19th century to today.
3. **Examine** how communities demonstrate resilience in response to challenges.



## Part 1

## Time, Continuity & Change / Interdependence

### Change in Technology

- **19th Century:** Hand tools, small boats, limited communication, manual labour.
- **Today:** Engines, digital navigation, modern housing, instant communication.
- **Impact:** Increased efficiency and safety, but reduced reliance on communal labour.

### Environmental Change

- **Then:** Dependence on seasonal cycles, weather patterns, and natural resources.
- **Now:** Climate change, changing fish stocks, environmental regulation.
- **Impact:** Communities must adapt fishing practices, livelihoods, and settlement patterns.

### Social Change

- **Then:** Small, tightly connected communities; shared work and responsibilities.
- **Now:** Urbanization, mobility, fewer people working in traditional industries.
- **Impact:** Shifts in family roles, employment, and community interaction.

### Continuity in Community Life

- Strong sense of place and belonging.
- Importance of family, storytelling, and shared memory.
- Pride in heritage and local identity.

# Part 2

## Resilience in Action Adapting to Change

### Resilience Defined

The ability to adapt, recover, and continue despite challenges.

### Historical Resilience

Outport communities survived isolation, harsh environments, and economic uncertainty.

### Modern Resilience

Communities respond to fishery collapse, resettlement, climate change, and economic transition.

### Interdependence

Success depends on cooperation between individuals, communities, industries, and government.

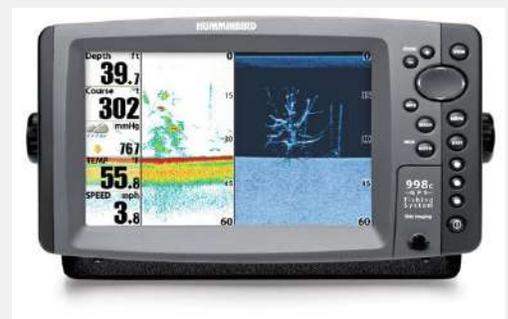
### Continuity & Change

While tools and lifestyles change, values such as cooperation, adaptability, and perseverance remain.

## Suggested Activities:

[Click here to download](#) a guided worksheet and class activities for this lesson.

## Photobank Materials



DOWNLOAD LESSON PHOTO BANK

DOWNLOAD WORKSHEETS

DOWNLOAD QUIZZES



*From Harbour to Home:*  
Life and Legacy in  
Newfoundland's Outports





# Change, Continuity & Resilience

## Quiz A

### Multiple Choice (Circle the best answer)

- 1. Which factor most changed daily life in Newfoundland communities over time?**
  - a. Climate
  - b. Technology
  - c. Language
  - d. Religion
- 2. What does “continuity” refer to in historical study?**
  - a. Complete change
  - b. The absence of conflict
  - c. Elements that remain over time
  - d. Economic Growth
- 3. Why is interdependence important to community resilience?**
  - a. It limits change
  - b. It allows communities to function alone
  - c. It supports cooperation and shared resources
  - d. Economic growth
- 4. Which example shows modern resilience?**
  - a. Hand-splitting fish
  - b. Use of GPS and safety equipment
  - c. One-room schoolhouses
  - d. Barter systems



# Change, Continuity & Resilience

## Quiz A ANSWER KEY

### Multiple Choice (Circle the best answer)

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  - f. Economic Growth
3. Why is interdependence important to community resilience?
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# Change, Continuity & Resilience

## Quiz B

1. Describe one technological change that improved safety or efficiency in Newfoundland communities.

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2. Explain one environmental challenge faced by communities today.

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3. Give one example of continuity between past and present community life.

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4. How does interdependence support resilience during times of change?

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## Quiz B ANSWER KEY

**1. Describe one technological change that improved safety or efficiency in Newfoundland communities.**

Sample: Motorized boats and GPS improved navigation and reduced risk at sea.

**2. Explain one environmental challenge faced by communities today.**

Sample: Climate change affects fish stocks and weather patterns, impacting livelihoods.

**3. Give one example of continuity between past and present community life.**

Sample: Strong family connections and pride in place remain important.

**4. How does interdependence support resilience during times of change?**

Sample: Communities rely on cooperation and shared support to adapt to challenges.



# Change, Continuity & Resilience

## Spot the Change

Read the table below and complete the missing sections.

Area of Life	19 <sup>th</sup> Century Community	Modern Community
Technology		
Environment		
Work & Economy		
Communication		







