“Don’t sweat the small stuff”

Resilience

L.O. – IDENTIFY WHAT RESILIENCE IS
- DESCRIBE HOW RESILIENCE CAN BE BUILT
- EXPLAIN HOW WE CAN BUILD RESILIENCE IN REAL LIFE EXPERIENCES

Life is not about how fast you run or how high you climb but how well you bounce.

~Vivian Komori
What is ‘resilience’?

- In the middle of your page write the word “Resilience” and draw a bubble round it.

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What is resilience?

- https://www.youtube.com/watch?v=C1UCI2ZHEqw (challenge)
- https://www.youtube.com/watch?v=yyX6UULJEic (differentiated)

As you watch, take notes on your mind map titled ‘what is resilience?’

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What does the dictionary say?

Resilience (noun):

1. The ability of an object or substance to spring back into shape.
2. The capacity to recover quickly from difficulties; toughness.

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How does this clip show resilience?

- [https://www.youtube.com/watch?v=An2OalbPSII&list=PLDeWrlftuhV1M32LZNtYPhqap7ayeW207](https://www.youtube.com/watch?v=An2OalbPSII&list=PLDeWrlftuhV1M32LZNtYPhqap7ayeW207)

How do the characters show resilience?

Make a list of bullet points or write a few sentences explaining how Olaf and the reindeer show resilience. Then write down what you think the message of the clip is.

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When do we find resilience hard?

Sometimes we face times in our lives where we need resilience more than ever. This can be difficult when you’re unsure, scared or feel defeated.

In your pairs, think of 5 situations where you may feel unsure, scared or feel defeated:

1) 
2) 
3) 
4) 
5) 

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Now think of how you could react in these situations which shows resilience – share this with your pair or four.
How can we build resilience?

"If it's your job to eat a frog, it's best to do it First Thing In The Morning. And If it's your job to eat two frogs, it's best to eat the BIGGEST one first."

~ Mark Twain

What does Mark Twain mean when he says this?

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How can we build resilience?

“If you’re going to face something difficult, you may as well do it straight away and get it over and done with. If you have lots to do, do the most difficult job first”.

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How can we be more resilient?

- Have a look at the scenario cards in your groups.
- How would a resilient person react to these situations? Discuss.
- You could focus on one card together or choose one each.

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How can we be more resilient?

How would a resilient person react to these situations?

In your booklet, use your discussions to write a few sentences about what a resilient person might do in these situations.

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The Two Wolves
An old Cherokee was teaching his grandchildren about life. He said, “A battle is raging inside me...it is a terrible fight between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion and faith.”

The old man looked at the children with a firm stare. “This same fight is going on inside you, and inside every other person, too.”
They thought about it for a minute, and then one child asked his grandfather, “Which wolf will win?”
The old Cherokee replied: “The one you feed.”
Emotional Snakes and Ladders…

- Sometimes life’s ups and downs can be like an emotional rollercoaster. One day everything is going your way and you feel on top of the world. The next day, you may face friendship issues, family struggles or may have problems with your work at school.

- Get into groups of 4 and be ready to help each other out by being resilient during the tough times…

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In teams you will be creating and playing your own game of emotional snakes and ladders.

Your board is ready made, and your counters are the emoticons on your desk.

You must work as a team to think of positive and negative situations we may face in life. Write these on your scenario cards. Make enough for the 4 players!

When you play the game, every time you come across a negative scenario (SNAKE), you must pick up a negative scenario card, discuss as a team how you could resolve the problem and be resilient! Write these ideas down in your booklet. Every time you come you come across a positive scenario (LADDER) pick up a positive card.

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Emotional Snakes and Ladders...

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Emotional Snakes and Ladders...

Sharing your thoughts and advice, like you’ve done in the game, will help you be resilient when facing real life problems. Try to remember this after this day is done and dusted!

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True stories which show resilience

- https://www.youtube.com/watch?v=CS0GkCfljqk

The Brownlee brothers made the news headlines a few weeks ago due to their courage, strength and determination.

Without resilience and help from his brother, Jonny Brownlee would never have finished this race.

The message of the story? Sometimes we need help to be resilient and make it through difficult times.

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Resilience saves people’s lives...

- [https://www.ted.com/talks/hyeonseo_lee_my_escape_from_north_korea](https://www.ted.com/talks/hyeonseo_lee_my_escape_from_north_korea)

- Watch Hyeonseo’s story about her life in North Korea and how her resilient nature meant she escaped an oppressive life.

- Around your spider diagram, take notes about what she does which shows her resilience.
Creative Task

- You can choose which task you complete.
- Either write a short story which shows a person being resilient,
- OR draw a cartoon strip showing a person being resilient.
- You could do a story where they overcome a problem or prove they are strong.

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Make a goal for yourself

- Use the reflection sheet at the end of the ‘Resilience’ section of your booklet to set yourself a goal.
- Think about a setback or downfall which might happen whilst you’re trying to achieve this goal.
- What negative thoughts might stop you from achieving your goal?
- What positive thoughts would help you?

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