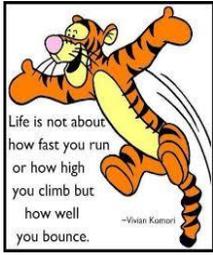


RESILIENCE

The British Red Cross says, "Kindness is a big part of **RESILIENCE** : without kindness and support, dealing with difficult situations becomes much harder. Building **RESILIENCE** also means being kind to yourself, so that challenges become easier in the future. **RESILIENCE** and kindness build a stronger you and a stronger community."

During the last few weeks we've been encouraging our children to take part in a range of activities which promote kindness and now we're turning our attention to **RESILIENCE**. This **RESILIENCE** grid will last for 3 weeks. Please encourage your child to do all 3 activities from **one of the rows** each week.

	Me	My family	The wider world
week 1	<p><u>What does resilience mean?</u></p> <p>Talk with someone in your family about what you think being resilient means. Draw a picture of yourself and add some thought bubbles around it describing what you think you need to do to be resilient.</p> 	<p><u>Play a game</u> with your family where there is a winner. It could be Guess Who, Monopoly, a card game...</p> <p>Remember not everyone can win!</p> <p>Try to be the person who uses words of encouragement to anyone who needs help to develop their resilience.</p> 	<p>Watch this clip of a sea lion hunting a gentoo penguin to see resilience in the animal world - https://www.bbc.co.uk/programmes/p07rqbkf</p> <p>Can you find any other examples of animals showing resilience?</p> 
week 2	<p><u>Read this acrostic poem</u> about resilience.</p> <p>Do you agree with its message? Either be inspired by this one to create your own poster about resilience or copy this poster but add your own drawings.</p> 	<p><u>Talk with your family</u> about who we mean when we talk about our keyworkers.</p> <p>How do these different groups of workers show resilience?</p> <p>If you wish you can join the doorstep clap of appreciation on Thursdays at 8pm for our keyworkers.</p> <p>Remember to check with an adult first!</p> 	<p><u>Learn a new life skill!</u></p> <p>Use this time at home to learn something new...</p> <ul style="list-style-type: none"> Follow a new recipe Cut the grass - adult help required! Record a video message to send someone Polish a window Complete a challenging jigsaw..... <p><i>Or think of your own goal and try to reach it!</i></p> <p>Remember you might not get it right first time but by practising you are developing resilience.</p> 
week 3	<p><u>Keep fit! Keep active!</u></p> <p>Go outside and have fun with a ball...either throw it against a wall and let it bounce back or ask a partner to play bounce catch with you.</p> <p>Now can you work it out...what has this got to do with resilience? (Clue...if you're not sure look at the words highlighted in red.)</p> 	<p><u>Interview</u> someone in your family to find out about a time when they have had to be resilient.</p> <p>Ask them to describe the situation to you and how they showed resilience.</p> <p>Ask questions so that you really understand the situation.</p> <p>(Also check you understand the meaning of this picture!)</p> 	<p><u>Design a poster</u> about resilience. Make sure the title is big and bold. You could include drawings, thought bubbles, tips, quotes...the choice is yours. Here are 2 well known quotes about resilience to start you off...</p> <p>"It is hard to fail but it is worse never to have tried to succeed," Theodore Roosevelt.</p> <p>"It always seems impossible until it's done," Nelson Mandela.</p> <p>Can you share your work?</p>