






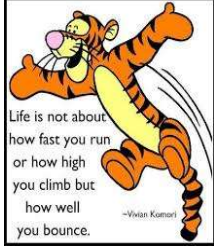


RESILIENCE

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! 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. Do you agree with its message? Either <u>be inspired</u> 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. How do these different groups of workers show resilience? If you wish you can join the doorstep clap of appreciation on Thursdays at 8pm for our keyworkers. Remember to check with an adult first!</p> 	<p><u>Learn a new life skill!</u> 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> 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> 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. 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. Ask them to describe the situation to you and how they showed resilience. Ask questions so that you really understand the situation. (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>