



**PSHE  
RESILIENCE  
22.06.20**



## Lesson 1 : Resilience

What does the word resilience mean?

- It is the ability to cope when things go wrong.
- Being able to bounce back after difficult times.
- Dealing with challenges and still holding your head up.
- Giving things a go or trying your best.
- Being strong on the inside.



- One way we can become more resilient is by changing, or 'reframing' our thoughts from unhelpful to helpful. To do this we need to be able to recognise which is which. The next activity is a good way to practise!
- ( Use PSHE sheet 1 )



# Activity

## Instructions

Carefully, cut these boxes into separate pieces of paper. Then sort the different phrases into two piles, depending on whether you think they demonstrate **helpful thinking** or **unhelpful thinking**.

If you can't print the boxes, write the headings **helpful thinking** and **unhelpful thinking** on a piece of paper and copy out the phrases underneath each heading.

Why did I do that? I'm so silly.	I can't believe I just did that! Oh well, let's try again.
I'm rubbish at this.	I didn't get on the team because I'm no good.
Everyone find things hard sometimes.	I'm really nervous about this but at least I'm brave enough to try it.
Everything always goes wrong for me.	Everyone else gets it right. Why can't I?
I want to be healthier so I'm going to find out how I can do that.	I didn't score a goal this time but I'm going to try really hard to next time.
I'm finding this tricky so I'm going to ask for some help.	I'll never be able to walk that far.
This is a disaster. I'm never going to do it ever again.	We didn't win but everyone really tried their best.
This is so hard to work out. I wonder if there's another way of doing it.	That's the worst thing that has ever happened to me, ever.



## Plenary

Now that you have sorted the phrases into two piles try and work out what was different about the pile that demonstrated helpful thinking.

- Trying hard and not giving up, even if things are difficult.
- Asking for help.
- Looking for a different way of doing things.

Can you try and use some of these ideas to build up your resilience?