



**PSHE
RESILIENCE
26.06.20**



Lesson 2 : Resilience

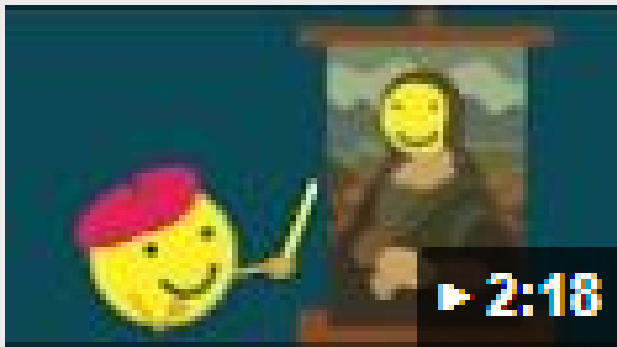
Can you remember what resilience means.

- 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.



Activity

- Use the link below and watch this short video about resilience.
- As you watch it, make a list of the different ways to build resilience.
- You may need to watch it a couple of times.



Have you ever heard people say:

Think positive

Get your head in the game

Have a healthy attitude...?

- <https://www.youtube.com/watch?v=1FDyiUEn8Vw>



Activity

- Make a poster that would explain to someone else how to be resilient.
- You can draw a picture of someone showing resilience or print one out from the internet. Make sure you include some of the advice the video shared on how to be resilient.

love your body,

love yourself

#lovehealth

- Get plenty of rest
- Share and talk
- Talk about your emotions
- Take time for yourself
- Set yourself a goal



Plenary

We can all find it hard at times, especially at the moment when our lives are so different.

Stick your poster somewhere that you will see it every day.

When you are having a bad day or moment look at your poster and see if any of the ideas that you wrote down can help you feel better.