



Coping with Change Wellbeing – Resilience

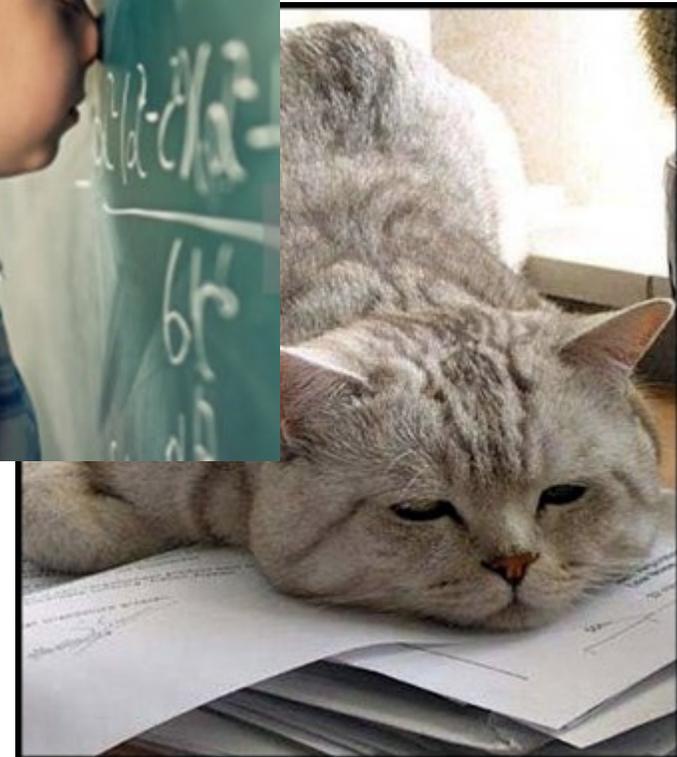
**Year 6 PSHE
Session 3**

In today's lesson we will learn...

- Why we need to be resilient
- How we can build resilience
- Strategies to cope when things get difficult

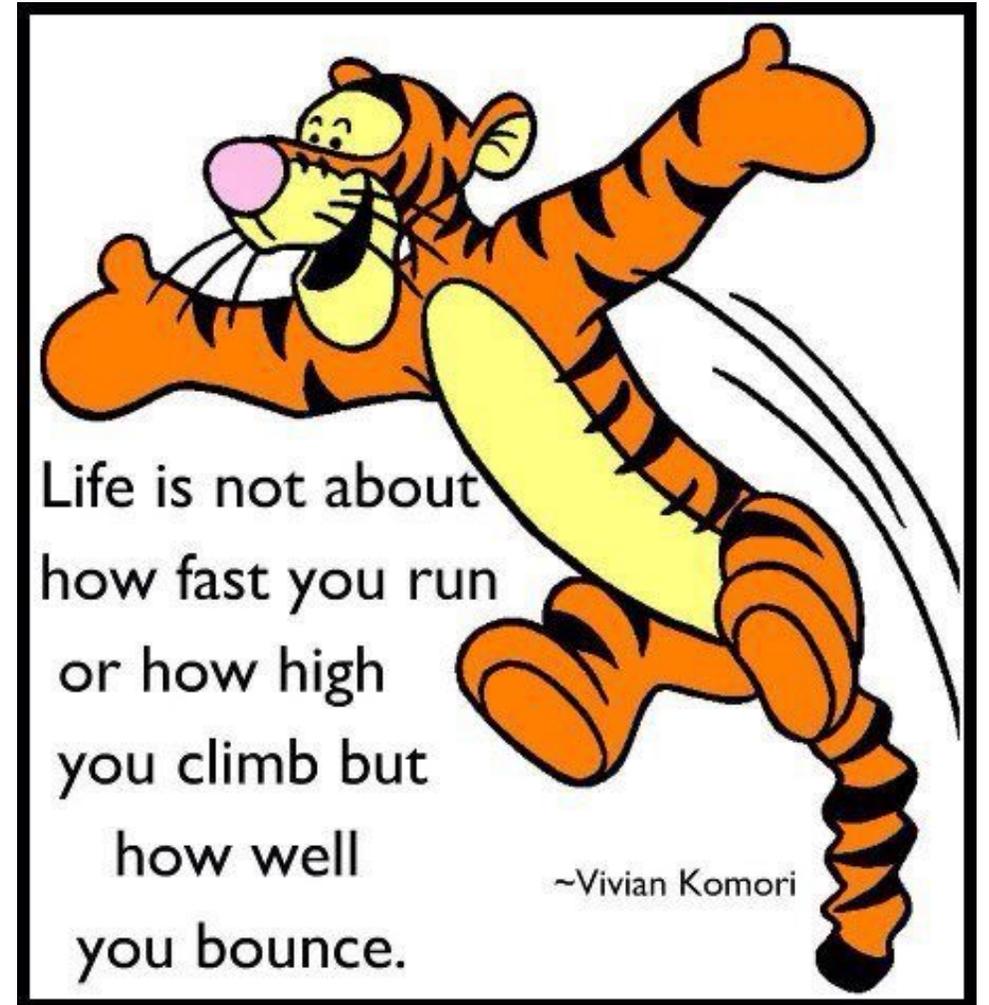


Which picture shows resilience?



What is resilience?

Resilience is being able to **'bounce back'** and keep going when we find things difficult.



Video Task

Whilst you are watching the video have a think about the following questions:

1. How do you think Ormie the Pig **felt** each time he **tried something** new but still couldn't reach the Cookie Jar?
2. **What** did Ormie do each time he couldn't reach the cookie jar?





Watch the Video

<https://www.youtube.com/watch?v=xd63g3d8qOs>

Video Questions

1. How do you think Ormie the Pig **felt** each time he **tried something** new but still couldn't reach the Cookie Jar?
1. **What** did Ormie do each time he couldn't reach the cookie jar?



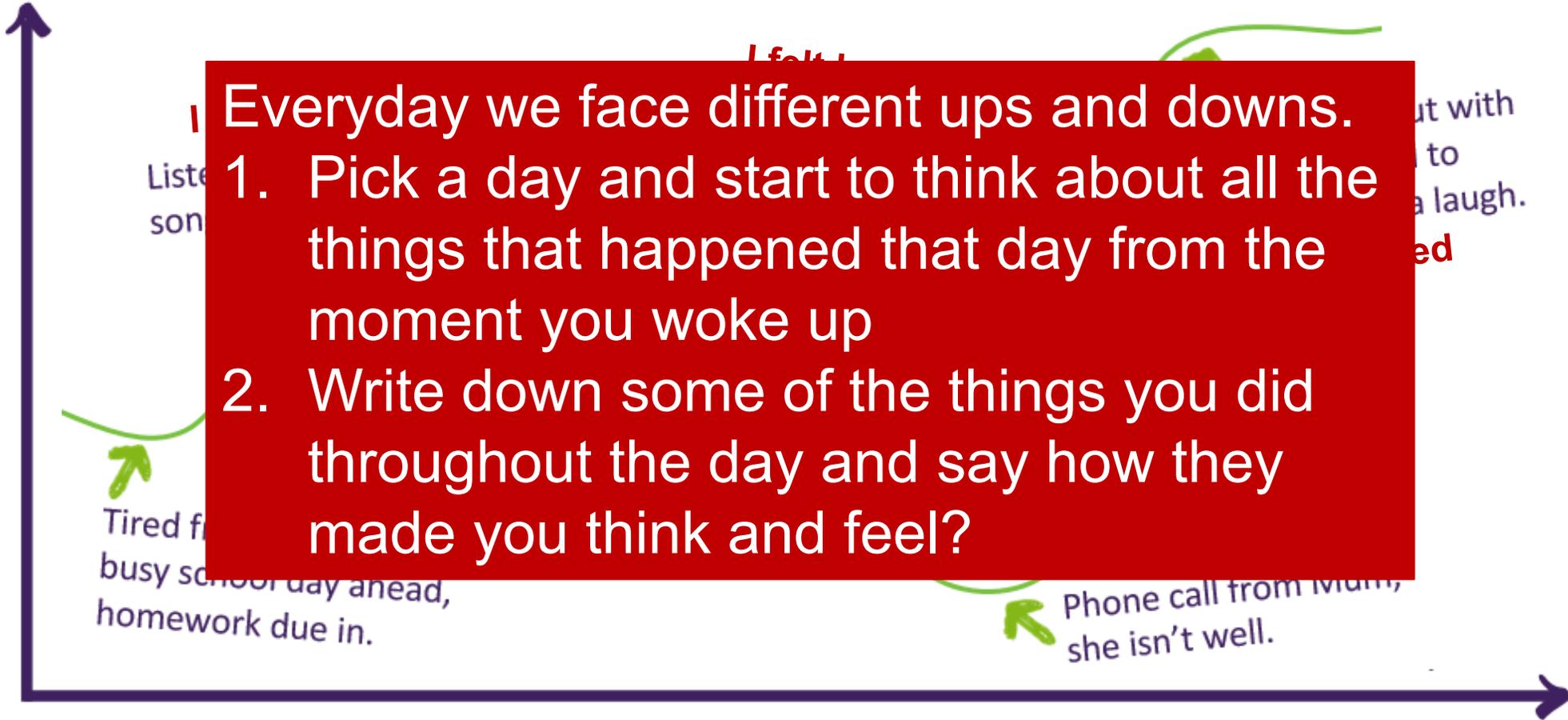
Why not share your answers with your friends or people in the house?

The Ups & Downs of your day

Example of a day before lockdown

Positive feelings & thoughts

Negative feelings & thoughts





Resilience Video

<https://www.youtube.com/watch?v=T2AAJa1zIH0>

Bouncing Back Strategies

Look at the situations on the next slide and work out whether your Bounce Back card is.....

Helpful

Harmful

Useless

Make notes on a piece of paper and test someone else in the house 😊

Situations to Bounce Back from...

1. Worrying about an exam or test
2. You are getting angry with someone at school or home
3. You are getting upset because someone is bullying you
4. You feel anxious about a situation at school
5. You are struggling to concentrate in a lesson
6. You feel scared and embarrassed because you don't understand something in class
7. You think and feel like other people are laughing at you
8. You have a panic attack

Helpful

Harmful

Useless

TASK: Bounce Back Strategies

Make a list of helpful bounce back strategies so we can think about using them when we face difficult situations



Helpful

We all have a super hero inside us!

A superhero can help us cope & deal with life's ups and downs

**Resilience:
The Art of
Bouncing Back**



Super Hero Powers!

The 4 C's

Competence - they can make the right decisions – even in difficult times. They can identify their strengths & weaknesses to work on. Help us build confidence.

Connection – stay connected with friends, peers & family. Talk to people and ask for help if they need it.

Contribution – Make contributions to school life, family life & friends. Try new things & work towards goals.

Coping – Have a set of strategies to cope with different situations. Asks for help or tries different ways of learning. Has a growth mindset and doesn't give up. Has sayings to keep them going when things get tough.



TASK: Design your own super hero

What kinds of things do you want your super hero to say when you find something difficult?

What kinds of powers do you want your super hero to have to help you cope?



Example - Resilient Rhino

I like to learn
new skills

I don't get
distracted

I keep
positive
when things
are hard

I try new
things



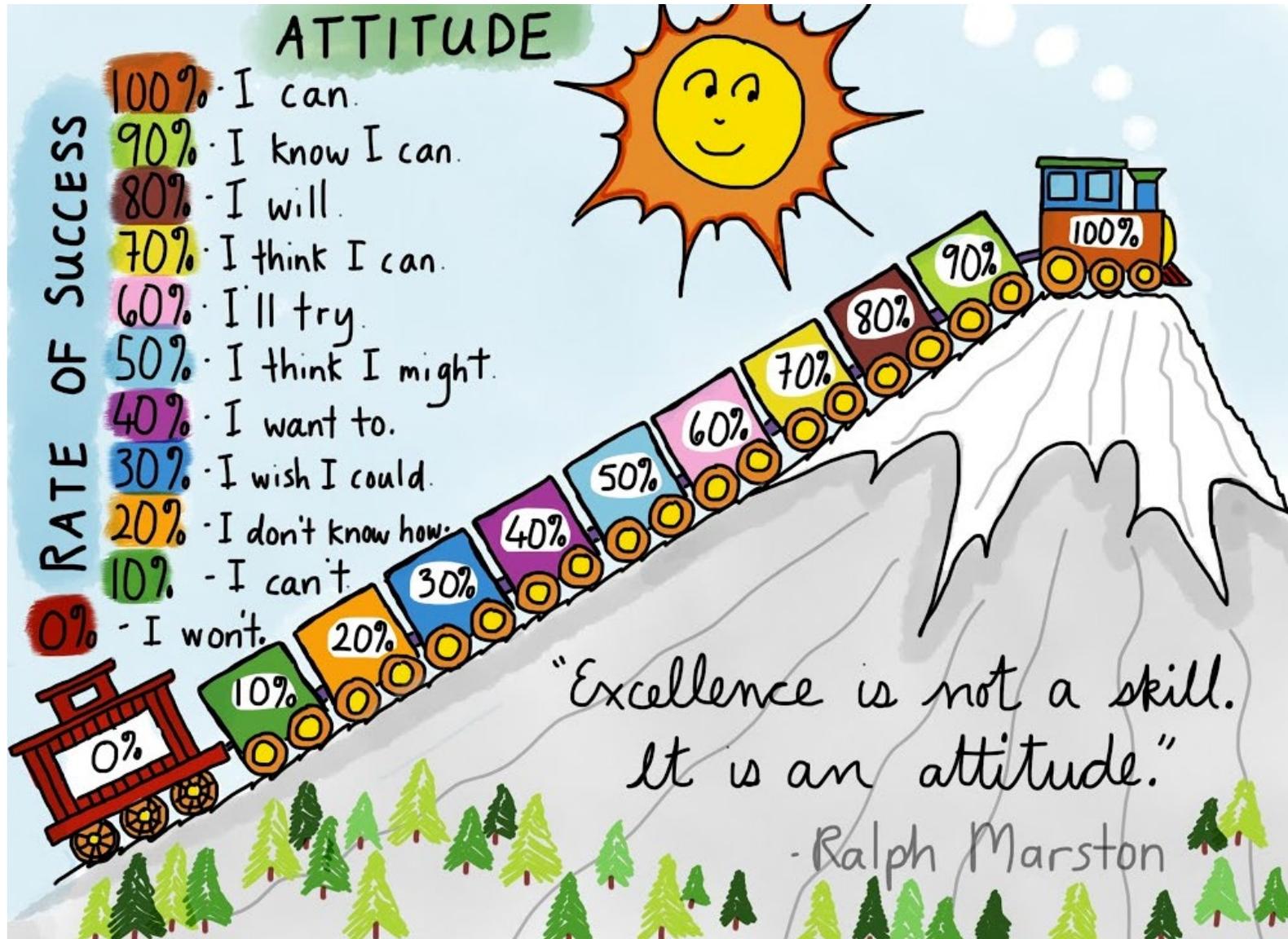
Resilient
Rhino

I keep trying
and don't not
give up

I ask for help
when I need it

I talk to
people

I set myself
little goals





Stay safe

