




Building Resilience

Lesson 3 of Yr 8 transition



Aims of the session

- ▶ To understand what resilience is
 - ▶ To consider things that build resilience
- 

Watch the video below by clicking the picture.


HeadStart



What is resilience?

Did you agree with the definitions of resilience?

Why do you think they included the blond haired boy making so many mistakes?



So what things do you think help build resilience?

- ▶ Did you get these?
- ▶ Having a positive attitude
- ▶ Finding good friends
- ▶ Feeling good about yourself
- ▶ Feeling like you belong
- ▶ Having a supportive family
- ▶ Helping others or 'giving back'
- ▶ Being able to solve problems and overcome challenges
- ▶ Good communication with the people around you



What can I do when I'm facing a challenge?

- ▶ You can start to build resilience by asking yourself:
- ▶ What can I do to get back on track?
- ▶ I can't control everything, so what is in my control?
- ▶ Can I change something I'm doing to make things better?
- ▶ What can I learn from this?
- ▶ Who can help?
- ▶ How can I move forward?



Helping to build resilience at Wootton

- One of the previous slides statements was “who can I ask for help”
- At Wootton you have quite a few options, if your friends cannot help:
 - Your form tutor- this should be the first person you should go to if it is not a subject issue
 - The subject teacher if the concern is with a subject
 - The pastoral team in the student centre if your form teacher recommends this.
 - The Head of Year if there is a larger issue
 - Mrs Page (usually found in the maths block) or Mrs Farrant (in the student centre) if it is an LGBTQ+ concern

Building your own resilience continued



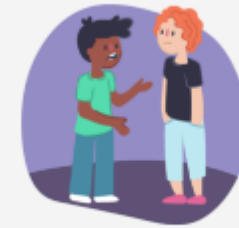
Think positive thoughts



Keep trying



Look after yourself



Talk to someone

More ideas on the next slide...



Learn from mistakes



Look for the positives in the situation



Work towards your goals



Accept that change happens all the time

And one more slide



Accept that negative things can happen



Find things that help you feel calm



Improve your problem solving skills



Get help when you need it

Just before we get to the activities....



Click the picture.
I think this is an example of true
resilience, what do you think?

Tasks to do

► Activity 1:

Write and perform a short drama that shows someone overcoming a new or difficult situation, make sure you make clear to your audience the theme of resilience.

► Activity 2:

Write a letter to yourself for September. Remind yourself of all the things that you have overcome already, and what you have achieved so far. Remember to wish yourself good luck!

► Activity 3:

Draw a comic strip that demonstrated resilience. It does not have to be people, let your imagination go wild, how about an alien attempting to get to Earth and things always going wrong?

► Activity 4:

Design a poster that is designed to help someone build resilience. Aim it to affect an audience around your age.