

Year groups: KS1 & KS2	
Curriculum area: PSHE	Focus of lesson: Resilience
National Curriculum Reference: Pupils should know: H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships	
Learning Objective(s): - To explore what resiliency looks like - To be able to identify resiliency skills and apply these to a target	Assessment Strategies: - Group discussion - Poster
Resources: Sticky notes, Paper, colouring pens, pencils	

Time	Teaching and Learning Activities Key Questions and Vocabulary	Support and Challenge
15 mins	Watch the video: Never Give Up, Traditional Cheese Shop. - YouTube This video was all about resilience. What do you think that means? Talk in partners, then brainstorm ideas on whiteboard When things go wrong, resilience is what helps you to cope and get through hard times. Sometimes it makes you even stronger than you were before. Resilience can also be described as: Bouncing 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, being able to cope with what life throws at you and shrug it off, standing up for yourself or getting back into shape after you have been bent or stretched.	Here are some resources to look at to aid understanding: Books for KS1: 'Ada Twist the Scientist' – Andrea Beaty 'Iggy Peck the Architect' – Andrea Beaty 'Rosie Revere the engineer' - Andrea Beaty
15 mins	Watch the videos: Building Your Character: Resilience - YouTube & Getting Help - Building Resilience with Hunter and Eve - YouTube	Books for KS2: 'Guts' - Raina Telgemeier

<p>15 mins</p>	<p>Discuss: How can we become resilient? Thinking positive thoughts, keep trying, talk to someone, learn from mistakes, get help when you need it, accept that negative things can happen, take breaks, find ways to keep calm, accept that change happens all the time etc.</p> <p>Take a minute to think about something that you want to improve? Tell your partner. Think about how can you get there? Who can help you? For the next activity, we will write the thing we want to improve in the middle of our paper and brainstorm/draw all of the resiliency skills that will help us to achieve the target</p>	<p>'Outsmarting worry' - Dawn Huebner</p> <p>'Duke's journey of courage' – Tanya Lindsquist</p> <p>Breathing techniques: Bring It Down - Flow GoNoodle - YouTube</p> <p>Rainbow Breath - Flow GoNoodle - YouTube</p> <p>Melting - Flow GoNoodle - YouTube</p>
<p>5 mins</p>	<p>Plenary – Share some of the targets</p>	