Building Blocks of Resilience

Giving pupils practical examples of how to bounce back when they are going through a hard time helps to build their resilience.

**Objective:** Pupils will learn about practical things they can do when they are feeling down to pick themselves back up again and decide on a coping strategy that best works for them.

**Total Time:** 35 minutes

**Part One** (5 minutes)

* Read ‘What is Resilience’ and ‘Qualities of a Resilient’ person to the class.

**Part Two** (15 minutes)

* Divide pupils into groups of two or three and ask them to complete task one together.
* Go through each strategy with the class and ask groups for their answers.

**Part Three** (15 minutes)

* Ask pupils to individually complete a coping strategy plan that works for them, using some of the examples that were given in task one.

*You could ask pupils to close their eyes and think back to a difficult time, maybe a time they lost a competition or didn’t get a grade they were expecting.   
  
Then ask pupils to think about their reaction, could they have acted any differently to bounce back quicker?*

* Pupils could stick the coping strategy into their homework diary and have it for future reference.

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# What is Resilience?

Resilience is what helps you when things go wrong, it gets you through hard times. A resilient person is able to bounce back from difficulties.

# Qualities of a Resilient Person

Below are some of the qualities that a resilient person has:

* Optimistic
* Problem solver
* Positive thinker
* Good communicator
* Kind towards other people
* Sets realistic goals
* Makes healthy choices
* Can cope when things don’t go to plan

# Task One 10 minutes

1. Below are different coping strategies that you can use when you are going through a difficult time. In groups mark which strategies you think will build your resilience.

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| --- | --- | --- |
| Listen to some music you enjoy | Don’t speak to anyone | Get some fresh air |
| Talk to your friends | Problem solve | Get angry |
| Bottle things up | Talk to your family | Blame someone else |
| Send a message on tootoot | Get an early night | Exercise |
| Keep an open mind | Eat a healthy snack | Give up |
| Replay it over and over in your mind | Worry | Have a laugh |
| Set a goal | Complain | Pretend it’s all ok |

# Task Two 15 minutes

1. Think back to a recent difficult time you have experienced.

Using the resilient coping strategies, think about how you could use these to have dealt with the situation differently and have got a more positive outcome.

List out below a resilient coping strategy that works for you for the future.

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| *Will Jones* Coping Strategy |
| When I am feeling: *frustrated during football* |
| I will: *remember to take a minute to get some fresh air* |
| This will help me: *think clearer* |
| This means I will: *calm down and be able to play better* |

|  |
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| Coping Strategy |
| When I am feeling: |
| I will: |
| This will help me: |
| This means I will: |