The Most Magnificent Thing

Note: This activity can be done after the assembly within this resource pack.

Stories can be a great source of inspiration for coping with the ups and downs of life for children.

**Objective:** Pupils will be able to recognise resilient behaviour and think about how resilience can help them in everyday life.

**Total Time:** 30 minutes

**Materials:**

Printed worksheet, one for each pupil

Pens or pencils

The Most Magnificent Thing by Ashley Spire

*Or* A projector and computer to display a video

**Part One:** 5 minutes

Read ‘Resilience and Mental Health’ to the class.

**Part Two:** 5 minutes

Ask pupils to think about what they have learned about resilience and ask them to write down key behaviours that reflect resilience.

**Part Three:** 10 minutes

Read ‘The Most Magnificent Thing’ by Ashley Spires or alternatively, if you do not have the book, click on the link below to watch the video.

<https://www.youtube.com/watch?v=Q1Hewhi5x6Y>

**Part Four:** 10 minutes

Read the book or watch the video again.

This time ask pupils to think about resilience and note down the resilient and non-resilient behaviours they recognise in the characters.

# Worksheet: The Most Magnificent Thing

**Resilience and Mental Health**

Resilience is what helps us stay healthy in our minds and bounce back during difficult times.

Being able to maintain and improve our mental wellbeing is really important. When we have good mental health, we can form positive relationships, cope with day to day challenges, and reach our full potential.



**What have you learnt about resilience? What can someone do to be resilient?**

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**Write down resilient and non-resilient behaviours you notice from the characters in the story.**

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