# Assembly Script

This assembly will introduce pupils to the topic of resilience and begin to explore how resilience can help them through difficult times and ultimately help them succeed in life.

**Slide 1**

Welcome!

**Slide 2**

What do all these people have in common?

(Beatles, Rosa Parks, Albert Einstein, Michael Jordan, Martin Luther King Jr)

*Ask the audience to put their hands up with suggestions.*

**Slide 3**

Here are some of the positives that all these people have had in common.

Successful, smart, inspirational and powerful.

**Slide 4**

But before all the positives they achieved, they have all faced rejection, been underestimated and have been seen as underdogs.

**Slide 5**

There’s a quality that can be attributed to all of their successes.

*Ask the audience to put their hands up with suggestions.*

**Slide 6**

Resilience is one of the qualities that has attributed to all of their success.

**Slide 7**

Resilience is defined as a quality that allows some people to be knocked down by life and come back at least as strong as before.

**Slide 8**

When can resilience be useful in school?

* When you try out a new sport and you’re not that great at it the first time
* Not getting the grade you expected
* Finding a piece of class work particularly hard
* Not being picked for the part you wanted in the school play

*Ask the audience if they have any other suggestions.*

**Slide 9**

What things can you do to boost your resilience?

*Ask the audience to put their hands up with suggestions.*

*Examples could be; embracing change, setting goals, being optimistic, having a sense of humour when things don’t go to plan, spend time with friends and not dwelling on negative thinking.*

**Slide 10**

Time for some reflection.

*Ask the audience to close their eyes and take a minute to think about what has just been discussed and how they can apply resilience to their everyday life.*

*Is there anything they can do in their next lesson to be more resilient?*

**Slide 11**

Building resilience doesn’t have to be all down to you. If there’s anything that’s troubling you are are struggling to cope tootoot can help.

**Slide 12**

How can tootoot help?

Tootoot is a safe and confidential place to talk about anything that is worrying you.

**Slide 13**

To use tootoot you can go to [www.tootoot.co.uk](http://www.tootoot.co.uk) or use the app

**Slide 14**

Then enter [school name]

**Slide 15**

Next enter your log in details

**Slide 16**

Finally enter your message and click make a noise

**Slide 17**

We are always here to support and help you thrive this new school year.

Always tell a teacher, a friend or **tootoot** if something is making you feel unhappy or unsafe.

If you forget your **tootoot** login please speak to [INSERT NAME HERE]