Recognising Resilience

**Objective:** Pupils will be able to recognise resilient behaviour and make recommendations for more positive ways to deal with the scenarios.

**Materials:**

Notebook or paper

Pens

Printed worksheet for each pupil

**Total Time:** 25 minutes

**Part One** (10 minutes)

* Read the intro from the worksheet to the class.
* Divide pupils into groups of 3 or 4 and ask them to read through each person’s actions. As they are doing this ask them to decide whether the person has been resilient or not.
* Go through each scenario and ask the class for their answers.

**Part Two** (10 minutes)

* In the same groups, ask pupils to write down recommendations for how the person could have handled the situation in a more positive way.
* Ask pupils to put their hands up with what their groups suggestions were.

**Part Three** (5 minutes)

* Now ask pupils to take 5 minutes to reflect and think back to the last time they faced disappointment.

*Could they have handled the situation in a more positive way?   
How will they use resilience to help them in the future to bounce back from disappointments?*

Recognising Resilience

The people below have all just competed in a Sports day. Outlined is a description of what they did after losing.

**Person A**

Inside they feel really upset and disheartened as they had been practicing for weeks and thought they would win. When they go home they won’t discuss how they feel with their family and will make it seem like they aren’t upset, they will be strong and silent.

**Person B**

This person is so angry that they have lost, this is going to ruin their whole week. They will spend the rest of the week in a bad mood.

**Person C**

This person is really happy with all they have achieved, as they only started running a few months ago. Although they didn’t win today they achieved their personal best and they had lots of fun with their classmates.

**Person D**

This person came second. They are disappointed not to have won but coming second has made them even more determined to win next year. They have asked the person who won the race if they can train with them over this summer to learn some of their technique.

**Person E**

This person won the race and they are feeling great about themselves! However, they can see some of the people who didn’t win are looking a bit sad, so they make sure they shake everyone’s hand and talk to the people who are new this year - congratulating them on participating in a particularly tough race!

1. In groups discuss each person’s actions. Do you think they have been resilient? Why?
2. Write down recommendations for each person outlining how they could have handled the situation in a better way.