**Resilience - Lesson Overview**

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| **AOLE:** Health and Wellbeing | |
| **4 Purpose:** Healthy, confident individuals who: are building their mental and emotional well-being by developing confidence, resilience and empathy | |
| **WM:** How we process and respond to our experiences affects our mental health and emotional well-being. | **DL:** I can understand how and why experiences affect me and others. |
| **LO:** Know what resilience is and discover strategies to help them in difficult situations. | |
| **\* As you know you can do a whole unit of work with the theme of 'resilience' so here are some ideas to get you started...** | |
| **Intro:**  Start the lesson (without input): Put a set of cards out on the tables, ask the pupils to create a tower using the cards - put a timer on the screen for 3 minutes.   * After the timer, were they successful? Why? * How do they feel now? (scaffolding, I feel…. because….) * Discuss as a class what the word 'resilience' means | |
| **Main:**   * Show a series of pictures that show different routes to progress (resource A). * Discuss the feelings that come from the different stages working towards success. Can they explain times when they had faced failure and felt they had faced a challenge? * Give each group different scenarios ([example](https://www.twinkl.co.uk/resource/what-if-scenario-flashcards-t2-p-542)) - discuss what they would do in each situation? * In their groups - pupils can create mental maps about resilience: what strategies are there to help? How can they help themselves in a difficult situation? What situations did they have to face? | |
| **Plenary:**   * Ask each group to present their role play scenarios and posters. * Facilitate a class discussion on the importance of resilience and how it can be applied in different aspects of life. | |
| **Useful links:**   * [Example](https://www.twinkl.co.uk/resource/what-if-scenario-flashcards-t2-p-542) * Book list | |