

Resilience Journey Day

Class 3

SESSION 1: 9.15-10.10 Intro: Incy Wincy Spider. Do you remember this nursery rhyme? Sing it through, with actions, to remind yourself of the words. Why have I chosen this little song for our journey day?

Everyone **make a spider badge** to be a reminder of being resilient.

We made our spiders out of pieces of felt and pipe cleaners, but you can use anything you have available! Our spiders were small (we drew round a glue stick for the body and a £1 coin for the head) and on the back we glue-gunned a mini peg (or you could use a safety pin or a paperclip). Our spiders clipped onto our collars or our cardigans so that they could remind us of the value we were learning about.

Which other characters can we think of that are resilient?

Our discussion: Tom and Jerry Wile E Coyote and Roadrunner Dory from Finding Nemo

Circle Time Discussion: *Have this discussion with an adult:* What is resilience? Are you born with it? Is it part of your character? Can it be developed or improved?

Elements of Resilience / Notes to help your discussion

- Optimism –having a mindset of “it’s not a problem, it’s an opportunity”. eg Covid restrictions meant that we had to stay in bubbles, but it has meant we’re closer as a class and have made friendships we might not have made otherwise, in Lockdown things were quieter but it meant we could hear the birds, we couldn’t socialise but lots of us spent more time with our families
- Putting up with disagreements: accepting that people view things differently; not getting overly emotional about it.
- Having a ‘thick skin’(aka mental toughness) – not taking things to heart / not easily upset / hurt by criticism. Decide on whose opinions matter. eg if someone says ‘I don’t like your hairband/Barbie/schoolbag...would you let that upset you?

Persistence / Perseverance / Patience – never giving up

The Big Picture: In the big scheme of things, is what you are letting get you down important? Does it really matter if someone has pushed in front of you in the line?

SESSION 2: 10.30 – 12 Examples of Resilient Individuals: Linking to Black History Month

Floella Benjamin’s story is a great example of resilience. Re-cap what we remember about it

We’ll find out the stories of a few different black people who have stories of resilience.

<https://www.bbc.co.uk/bitesize/topics/zikj382/articles/zj3p8xs> Nelson Mandela

<https://www.bbc.co.uk/bitesize/articles/zdw26v4> Rosa Parkes

Mo Farah : Super Saturday 2012, and 2016 when he fell.

Complete the sheet with each person's name, a brief description of how they showed resilience and a picture to represent their story.

SESSION 3 1.15-1.45: PE with Mr Price

Set yourself a sports challenge. eg Can you keep jumping on the spot / skipping with a rope for 3 minutes without stopping? Make sure it's something achievable but something you will find hard ... have you got the resilience to keep going when things get tough?

SESSION 4: RE 1.50 – 2.20 We used an online resource to which home access is not available. Think about the Bible story of Joseph and his technicolour dreamcoat. How did Joseph show resilience in his life?

Here is an online version: https://www.dltk-kids.com/bible/genesis/story_of_joseph-cv.htm

Draw a picture of a scene from this story and **write a paragraph** to explain how Joseph showed resilience.

Watch the Resilience video on this page: <https://www.isingpop.org/youtube> It's similar to the dance we did in class.

SESSION 5: 2.20 – end Resilience poster: Using magazines and newspapers, make a poster showing the word Resilience, by cutting out the individual letters of the word from headlines and page titles. Make sure they are big! Add to your poster any pictures you can find online (or draw) of: a resilient cartoon character of your choice, a spider (to represent Incy Wincy), a picture of Joseph or another resilient Bible character. Finally, add a quote linking to resilience that you like. See some examples below, or search for more online with an adult's help.

Resilience Quotes:

“You are braver than you believe, stronger than you seem, and smarter than you think.” — Christopher Robin, Winnie the Pooh

“When life gets you down, you know what you gotta do? Just keep swimming.” – Dory, Finding Nemo

“Being different isn't a bad thing. It means you're brave enough to be yourself.”– Luna Lovegood, Harry Potter

“It always seems impossible until it is done.” – Nelson Mandela