

PSHE Building Resilience – Autumn 2

| Citizenship/Well-being. Autumn 2. Week 6. Building Resilience. | |
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| Outcome. I can reflect on the importance of resilience. | |
| <p>Resources Sugar Paper PowerPoint</p> | <p>Vocabulary Resilience Perseverance Stick at it. It's good to have a go. If you try, try, try, then you can, can, can. Being flexible Keep trying Never give up Obstacles Solutions Problems Strengths</p> |
| <p>Teaching and Learning.</p> <p>Circle time Remind children of the circle time rules. Children sitting in a circle. Taking in turs say their name, everyone repeats the child's name, clapping out the syllables.</p> <p>Mindfulness Watch/listen https://www.youtube.com/watch?v=0k_R7R1gldA</p> <p>Tell me Work through PP British Values resilience. Link to the stories and activities over this theme from previous weeks. Stop and discuss/answer questions as appropriate through slides.</p> | <p>Are we calm and ready to learn?</p> <p>Why is it important to be resilient? How can being resilient help us?</p> <p>Is it ok to make mistakes?</p> |

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If time, watch

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

Class Dojo Perseverance

Reflection

YR- Discuss/make a class mind map about what we have learnt about showing resilience.

YR 1- Write a statement about being a problem solver, e.g.

I'm not afraid to make mistakes, I think of different answers.

YR 2- Write a statement about being a problem solver, e.g.

I'm not afraid to make mistakes, I think of different answers.

Can we learn from our mistakes?

What things can we do to help us be resilient?