

PSHE Autumn 2 Resilience – Wk 4

Citizenship/Well-being. Autumn 2. Week 4. Resilience-Overcoming difficulties	
Outcome. I am learning how to be a resilient learner.	
<p>Resources Chime Construction Talking object</p>	<p>Vocabulary/Language Resilience Perseverance Stick at it. It's good to have a go. If you try, try, try, then you can, can, can.</p>
<p>Teaching and Learning.</p> <p>Circle time Pass a talking object around the circle. Complete sentence “I am really good at.....” Encourage children to share something they feel they are good at or enjoy doing that is individual to them. This could be a personal quality.</p> <p>Mindfulness Watch/listen https://www.youtube.com/watch?v=0k_R7R1gldA</p> <p>Tell me Introduce resilience. Discuss-resilience is not something we have or do not have but something we work on through our lives. We need lots of opportunities to practice. Resilience is like having a super power. Resilience helps us to cope with tricky things or situations and helps us to steer through these challenges and thrive as individuals. Resilience helps us to keep trying even though we find something difficult. Learning can be tricky, so resilience will help us to succeed. Resilience is not the absence of distress or difficulty. Resilience is the ability to adapt and grow following adversity.</p>	<p>Are we all good at the same things?</p> <p>Are we calm and ready to learn?</p> <p>What could you do if you get stuck? What did you do when you got stuck before? Could you try something different? You were stuck, now you're not.</p>

Link to school's ethos/show me five etc.

Year R -Watch Giraffes Can't Dance by Giles Andreae

https://www.youtube.com/watch?v=mHBNwDw_ioE

Year 1 and 2-Watch 'The Most Magnificent Thing'

<https://www.youtube.com/watch?v=Q1Hewhi5x6Y>

Reflection

Children to work in pairs- using construction to build:

A house which must have a window, door and roof. Children to have 10 minutes, adult to use timer.

Adult to take photo of finished build to go into books.

Discuss what went well, what you would change etc.

That's great!

How did it feel when you finished that?

Being stuck is an interesting place to be.

What else could you try to do that?

What resilience did the characters show?

How good were you at persevering?

Did you encourage your partner?

Did you find it difficult?

How did you cope with the problem?