

Building Resilience

Part II

- **What can you remember about resilience from the last collective worship?**
- **What three things have you tried to build your resilience?**

Click on the link to watch this video:

<https://www.churchofengland.org/our-faith/faith-home/faith-home-videos/collective-worship-primary-schools-episode-6-resilience>

What else have you learnt?

What else will you try when faced with a challenge?