

# Building Resilience

Introduction: <https://youtu.be/luqWIYzmja8>

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

# How to build your resilience!

## 1. Break the problem down:

p r o b l e m

- what are you unhappy about?
- what exactly are you stuck with?
- can you split it into chunks?
- imagine you are explaining this to someone

## 2. Focus on the positives:



- what have you done well?
- what do you know about the task?
- what information have you been given?
- what do you understand?
- being in 'the pit' is part of good learning
- how will you feel when it's done?

# The Learning Pit

## Facing a Challenge

You may feel anxious, nervous, scared, excited or comfortable.



## Having a Go

You may feel interested, hooked and use prior knowledge.



## Problem Solving

You may feel anger, distraction, frustration, challenge, confusion or uncomfortable.

## Deep Learning

You may learn a sense of collaboration and concentration.



## Successful Learning

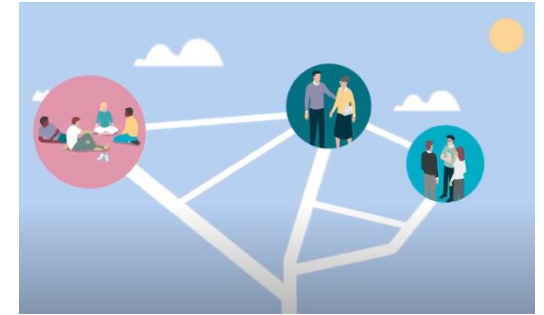
You should feel achievement and pride.



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### **3. Build your support network:**



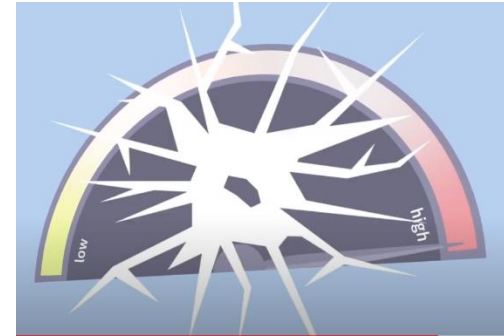
- **read the instructions again**
- **look at the success criteria (S2S) and model / example of a 'good one'**
- **re-watch any videos you were given**
- **think about similar work you have done**
- **message your teacher**
- **talk about it on eSchools or Class Chat**

## 4. Look after yourself:



- make sure you have a good sleep each night
- have a daily routine – if you can, do maths and English at the same time we are doing it in school
- try to get some exercise each day
- make sure you eat well
- give yourself a small reward when you have tried hard or completed a task

## 5. Know your limits:

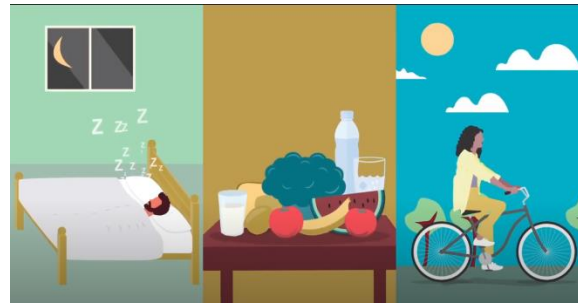
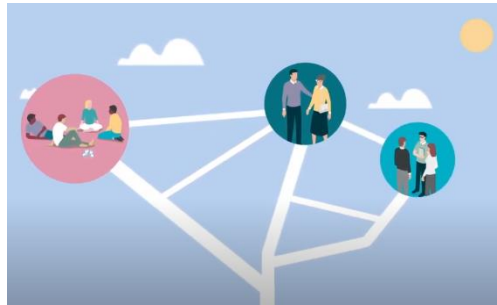


- take it one step at a time
- don't think about all the work you have to do each day
- concentrate on one question, sentence or task at a time
- If stuck, do a different learning task instead, then go back to this later

# What can you remember about the video on resilience?

## Can you explain these images?

p r o b l e m





**Remember, challenges and problem solving is good exercise for our brain.**



**If you like, watch the following animation –  
the story of Joseph:**

[Joseph and His Brothers | Holy Tales Bible Stories - Beginner's Bible | Kids Bible Stories | 4K UHD - YouTube](#)

**What challenges did Joseph face?**

**How did he overcome them?**