

Resilience

The following activities are here to help with Resilience. They are simple ideas for home learning with little equipment needed so you can have fun with your child and be reassured they are learning at the same time.

What is Resilience ?	Learn about Famous Failures	Complete a wellbeing diary for a week.	What positives have come from Lockdown?
Create a resilience wheel .	. Watch this Sesame Street Video . Create your own goodbye.	Listen to the story ' How to catch a star ' Make an origami star .	What skills have you learnt during Lockdown?
5 ways to build good resilience Create a poster to promote good resilience	Read an extract from ' You are awesome ' by <i>Matthew Syed</i>	Watch this short video called ' Soar ' Write a piece of encouragement dialogue between to two characters.	What new talents have you discovered?
Make negative thoughts into positive thoughts.	Make an affirmation bracelet or bookmark	Make a positive affirmation fortune teller. KS1 KS2	What special qualities have you discovered?