

## Resilience Skills

Talk through each skill:

- Try your best
- Not giving up if you have difficulties, be determined
- Be happy to make mistakes and learn from them
- Believe in yourself
- Try different approaches to a task that is difficult
- Be confident
- Recognise when you are making progress
- Stay positive

See phrases sheet for teaching resilience. This can be used this afternoon and then be kept in class for use in all curriculum areas.

### Task

To build a structure that is a least 1m high out of paper. No other materials to be used. Children can work individually or in groups, try to use scrap paper where possible. Teachers/TA's ensure not to help or show the children what to do, this task is designed for them to struggle, not achieve at first. Praise the use of the skills above, give people not giving up and demonstrating the skills a high profile in the class, rather than just praising the tallest tower. We want to see the struggle and persistence. After about 30 mins or similar pull the class together and praise the skills used, then add in sticky tape or anything that may help them, make conditions slightly easier. Ensure this is not done before the class come together.