





resilience









Weebles
wobble but
they don't fall
down!



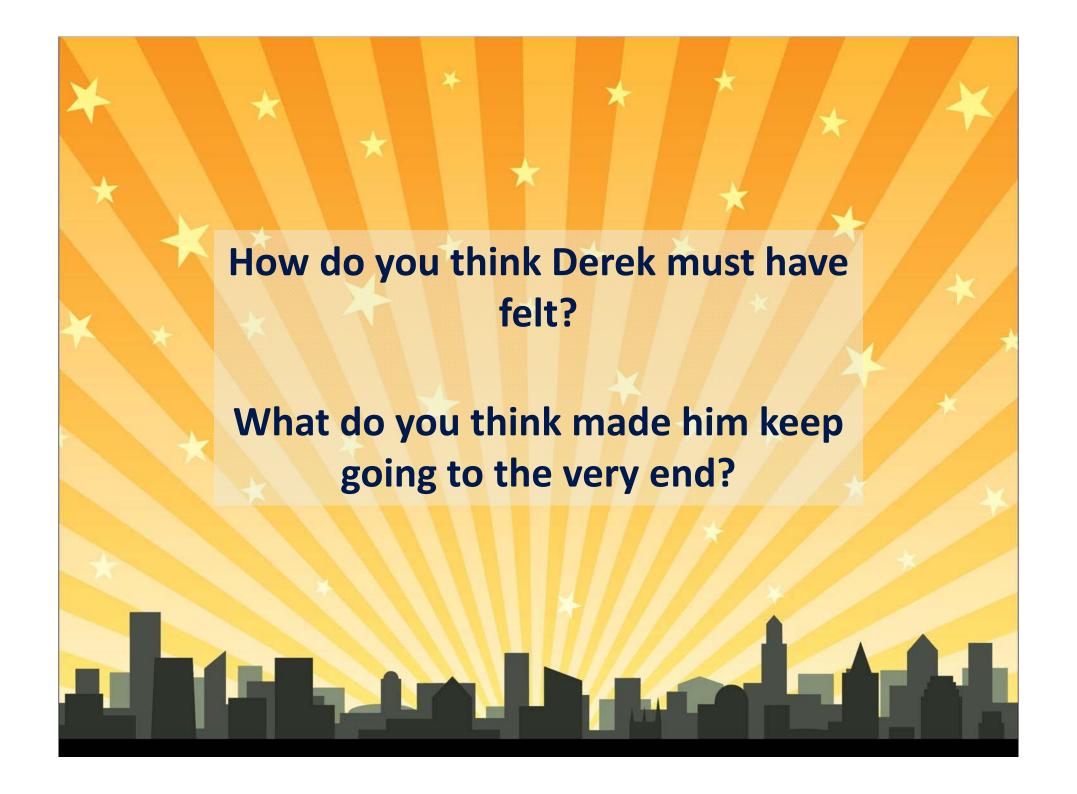
Some people seem to be better at bouncing back than others. Why might that be?

https://www.bing.com/videos/search?q=weebles+comerical+song+&&view=detail&mid=6095A8E6B5E333A37C776095A8E6B5E333A37C77&FORM=VRDGAR











"Long after the names of the medallists have faded from our minds, you will be remembered for having finished, for having tried so hard, for having a father who demonstrated strength and love for his son.

I thank you and will always remember you – the purest, most courageous example of grit and determination I have seen."



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BASICS	BELONGING	LEARNING	COPING	MY SELF
Where I live is warm, dry and safe	There are places in and out of school where I feel I belong	I feel I am coping well with school	I understand the school rules and boundaries outside school and I can keep to them	I have hope for my own future
We have enough money for heating, food, and clothing	I am understanding more about the world I live in	I know how to get extra help and support if I need it	I can be brave when I need to be	I try to understand other people's feelings
I feel safe most of the time	There are good influences and role models in my life	I have ideas about what I'd like to do in the future	I get practice in solving problems	I know what I am good a and where I need help to get better at somethin
I can get places I need to go safely	I have good, stable relationships in my life People look out for me and I can count on them	I am organised	I look on the bright side when things are tough	I take responsibility for myself and my actions. I don't blame others
I have access to healthy food and drink	My friends make me feel good about myself and my future	I know when I have done something that I should be proud of	I have a hobby, activity, passion, sport that I enjoy doing	I want to get even better at the things I'm good at
I am physically active and get outside	I focus on the good times and places in my life			
I sleep at least 8 hours a night and avoid screens before bedtime	I am comfortable talking about where I come from/my home	I am learning skills that are useful in real life	If I'm feeling angry, frustrated or sad, I know what to do to calm myself down or feel better There are people in my life I can turn to for support	I take advice from others and try different solutions to
I do things I enjoy and chill out	I like trying new things or meeting new people and have the chance to do this			
I do not feel picked on or bullied for who I am, how I live my life or where I am from	I make new friends and mix with other young people		There are people in my life I can have a laugh with	solve the problems have





Getting an answer wrong, but still putting your hand up to try the next question.

Not getting picked for a team/school production, but trying again next year.

Failing an exam or assessment, and asking your teacher what went wrong, and how you can improve.

Sticking at tasks despite them being difficult.

Thinking of new ways to overcome challenges – if you fail at something, and then try again in the same way, you will probably keep failing!

MISTAKES ARE PROOF THAT YOU'RE TRYING.

Good things come to those who Believe,
Better things come to those who are
Patient and the best Things come to those who
Don't Give up.

My mind, body and spirit are strong "I embrace all life's challenges" I face my fears rather than hide from them "I choose happiness each day" I believe in the power of hope "I live my life with trust and courage "I set goals I can't possibly achieve and then I grow into the person who can "

I AM RESILIENT

I make time to reflect, rest and recharge " I ignore doubters and naysayers especially if they are in my head " I continually nudge my comfort zone because I refuse to live a life that is simply good enough " I believe love and compassion are necessities not luxuries " I know that no matter what happens in my life I will be okay "

Never give up stay Focused Stay Positive Strong



Giving Up
is the best way to
tell your naysayers
that they were
right all along...
DON'T



RESILIENCE

Imagine one of your friends is finding things tough.

What would you say to them to help them be more resilient?

Write it down on an apple or leaf

