

## Resilience

**Wellbeing Champion 1:** Welcome to our assembly about Resilience. So what is resilience?

**Wellbeing Champion 2:** Number 1 - A material's ability to spring back into shape. Can you think of some materials which do this?

**Wellbeing Champion 3:** Number 2 - The ability to recover quickly from difficulties. What does this mean to you?

**Wellbeing Champion 4:** We are going to think about the second definition but in some ways our resilience is similar to a material's ability to spring back into shape.

**Wellbeing Champion 1:** During the moon flight of Apollo 13 on 14<sup>th</sup> April 1970, one of the crew started a conversation with their US base in Houston by saying "Houston, we have a problem".

**Wellbeing Champion 2:** There was actually a life-threatening fault with the spaceship's oxygen tank. The crew had to relay the information and work together to deal with the situation. The spaceship landed safely and all the crew survived. Their resilience saved them.

**Wellbeing Champion 3:** Problems are an inevitable part of life. Some days seem to be full of problems and at other times, they seem to be problem free. Problems can be little or large but they need dealing with, whatever their size.

**Wellbeing Champion 4:** However, there are times when things don't go to plan. We find ourselves with a problem, we face it, we deal with it and... it all goes wrong. So what then?

**Wellbeing Champion 1:** How does it make you feel?

Angry – We might feel a surge of anger about something that has happened which is out of our control. We often want to blame someone else.

Worried – We might feel nervous or concerned about what might happen next.

Upset – We often feel upset and want to cry.

**Wellbeing Champion 2:** Feeling of dread – The feeling of dread might build up as we know there might be consequences to face.

Wanting to hide - We often want to escape, avoid and hide.

All of these reactions are normal!

**Wellbeing Champion 3:** Dealing with these normal reactions can help us to build resilience.

**Wellbeing Champion 4:** Learn from your mistakes.

Resilience comes from different areas. Mistakes are really useful for helping us to improve and to become more resilient for the next time.

When you see a baby trying to learn to walk, they do a lot of falling down. They keep on trying and don't give up and eventually, they learn to walk.

If we learn from mistakes instead of giving up, we can keep improving, succeed and build resilience as we go.

**Wellbeing Champion 1:** Take a Break.

If something is proving really difficult, moving away from it and distracting yourself can really help you to keep calm and see it another time with a new perspective.

Try not to dwell on the problem but do something completely different and return when you feel calmer

Think about what you do to distract yourself when you come up against a problem.

**Wellbeing Champion 2:** Ask for help.

Resilience is also built through asking others for help. There are times when we need to acknowledge that we cannot do everything ourselves. Asking for help, builds relationships and together makes us stronger.

Think about a time when you needed to ask for help and you were glad you did.

### **Wellbeing Champion 3: Keep Trying**

Giving up is often the easiest option. It is certainly the quickest option.

However, how do we learn anything if we give up when something gets tricky? Or how do we improve if we don't practise? Keeping on trying is vital for building resilience.

Think of a time when you had to keep trying at something so that you could get better at it? Was giving up an option?

### **Wellbeing Champion 4: Work Hard**

Anything worthwhile needs working at. The more effort we put into something, the better it will be. If we come across a difficulty, we need to work hard at overcoming it.

Have you had to work really hard at something but it has been worth it in the end? Did it make you more resilient?

### **Wellbeing Champion 1: Look at it a different way.**

Sometimes, looking at something in a different way can help us to see the positives which might be there. We need to take another view of a situation, to see if we can create something useful from a situation.

Can you think of a time when looking at something in a different way, made it more positive?

### **Wellbeing Champion 2: Stay Calm**

The need for thinking a difficulty through calmly is important for building resilience. If we let our anger get the better of us, we cannot think things through rationally. We make snap decisions and can often make things worse.

Staying calm means we think things through and work out what to do. Think about you stay calm?

### **Wellbeing Champion 3: See the funny side.**

When things go wrong, despite things looking disastrous there can often be a funny side. Seeing the funny side diffuses the situation and all the anger and upset can suddenly disappear, leaving us able to sort out what we need to do next.

Think about a time when seeing the funny side helped you in a particular situation.

### **Wellbeing Champion 4: Be kind to yourself.**

Difficulties appear when we least expect them. They can throw us off course and make everything seem hard.

Give yourself time and don't be too hard on yourself. Everyone makes mistakes and has a bad day. Try to work out how you can avoid something happening again and above all, be kind to yourself.

Like the material which springs back into shape again, our inner resilience can help us to bounce back and keep on trying. **(All hold up springs)**

**Wellbeing Champion 1:** Why not make yourself some flash cards and see if they work for you. If you find an idea that works, then please keep trying this. You may need to look at the flashcard over and over again until you remember what to do. You can add your own ideas, keep them safe so you can use it whenever you want to. **(Hold up cards)**