



LO: I know how disappointment feels and can identify when I have felt that way

Best done with an adult or older sibling.



Can you remember what resilient means?

We discussed it last week.

In the dictionary it says: it means you are able to withstand or recover quickly from difficult conditions.



Today we're going to explore resilience further.

There are different stories on these cards.
Have a read.

A. Emma and Oliver are promised a puppy that is then not allowed in the flats where they live.

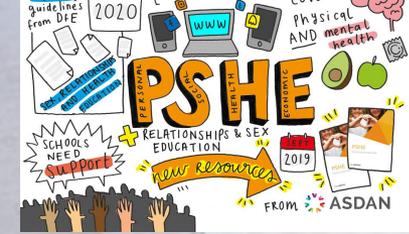
B. The holiday is cancelled because a relative of Roisin has to go into hospital.

C. Farida breaks her leg before her gymnastics competition.

D. Issa thought he would be selected for the school football team but finds out he is only the reserve.

E. Peter finds out he is not to be in the same class as his friends next year.

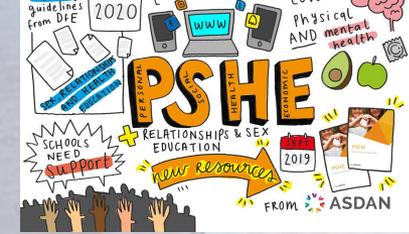
F. Maya posts something on social media but doesn't get any likes.



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<p>C. Farida breaks her leg before her gymnastics competition.</p>	<p>D. Issa thought he would be selected for the school football team but finds out he is only the reserve.</p>
<p>E. Peter finds out he is not to be in the same class as his friends next year.</p>	<p>F. Maya posts something on social media but doesn't get any likes.</p>

For each scenario discuss:

1. How it might feel?
2. What might the person do in that situation?
3. How could they overcome the hurt that this situation might cause?
4. How could they be more resilient?



Activity time:

For each card, write one piece of advice you would give to the person who is disappointed because their dream has been broken. Try to focus on resilience (ability to withstand or recover quickly from difficult conditions).



Activity time:

Advice

- A.
- B.
- C.
- D.
- E.
- F.