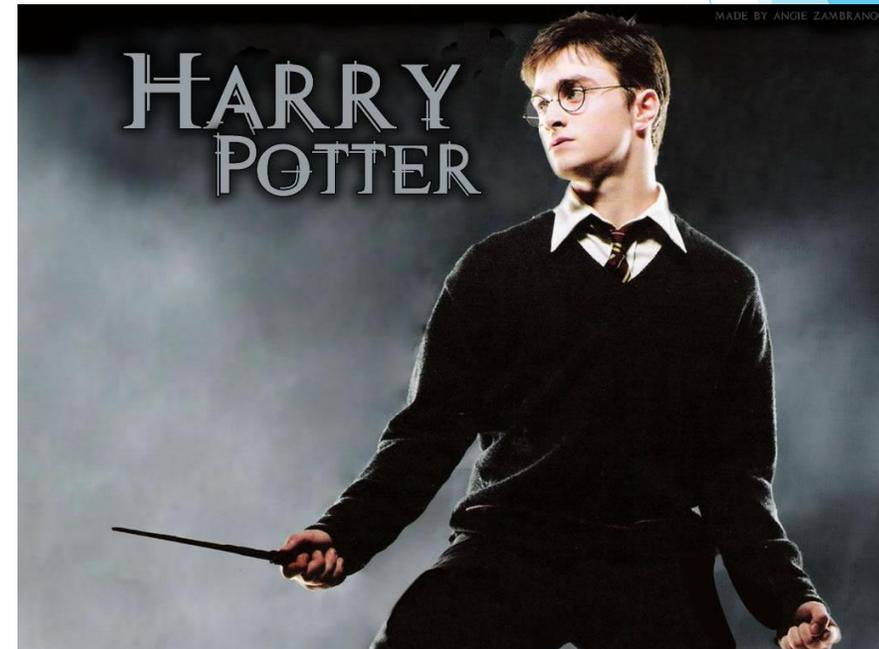


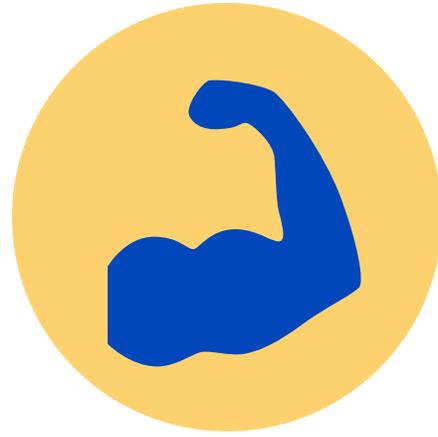


What do these famous characters have in common?



Resilience

- ▶ All of these characters have overcome various obstacles that could have stopped them achieving their potential.
- ▶ They did this by being resilient.

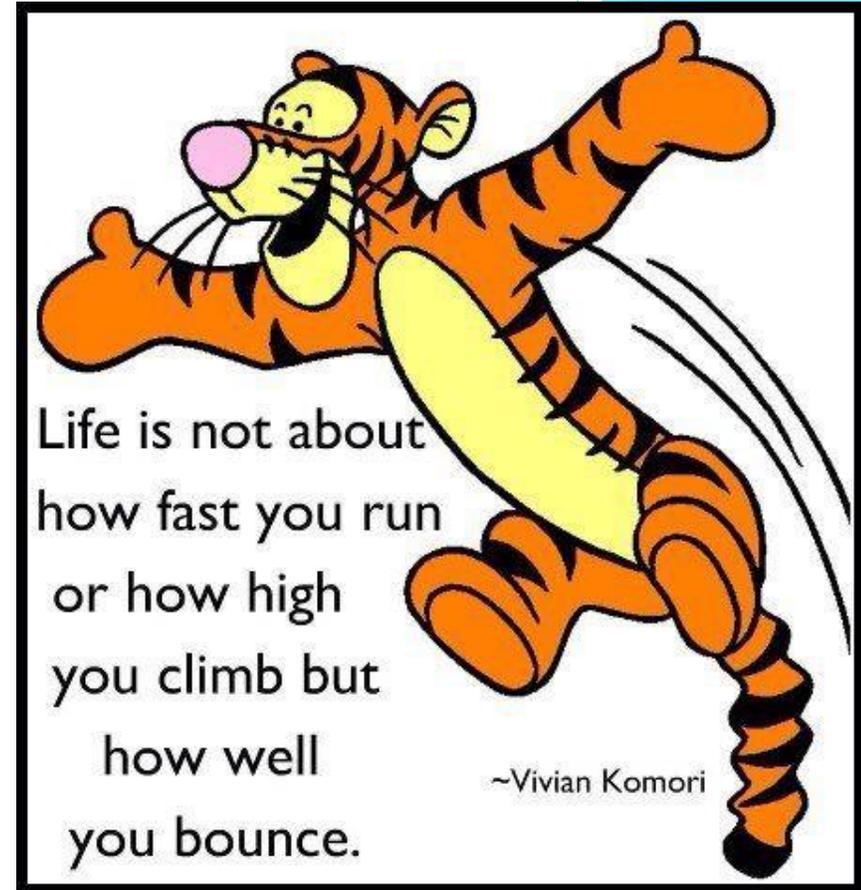


Resilience

Everyone keeps trying to better themselves, even when things are difficult or when we make mistakes.

Resilience

- ▶ What is Resilience?
- ▶ The ability to recover quickly from difficulties, and tough situations



Resilience

- ▶ School can be a tough place sometimes
 - ▶ Did not do as well as you wanted to in your work
 - ▶ One of those days when nothing goes well
 - ▶ Parents not doing as you tell them in the morning
 - ▶ Worrying about the work



Resilience

- ▶ All of these things can knock our confidence and it is our resilience that will enable us take these issues in our stride and progress forward, rather than getting moody about it.
- ▶ There are things we can do to help improve our resilience.



Resilience

- ▶ Goal
- ▶ Phrase
- ▶ How to use it

Ask for help

Who have you spoken to about it

Talking through a problem can help clarify a problem and formulate a solution.



Resilience



- ▶ Goal Hope
- ▶ Phrase It may look bad, but you will get through this
- ▶ How to use it On a bad day always remember tomorrow is a new day and a fresh start

- ▶ Goal Positivity
- ▶ Phrase What can you take from this, to stop it happening again
- ▶ How to use it A problem can be a chance to find a solution to stop it reoccurring

Resilience

- ▶ Goal Acceptance
- ▶ Phrase Don't worry, relax
- ▶ How to use it Sometimes stuff happens out of our control, we cannot influence it, so let it happen

- ▶ Goal Perspective
- ▶ Phrase It is not the end of the world
- ▶ How to use it Are you making the problem bigger than it actually is. Do not blow it out of proportion



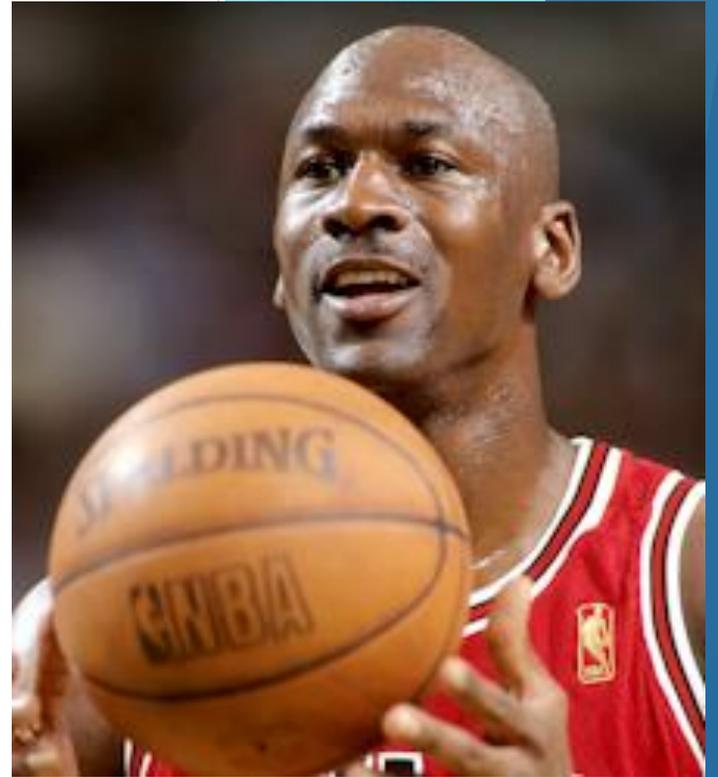


I Can't do it.



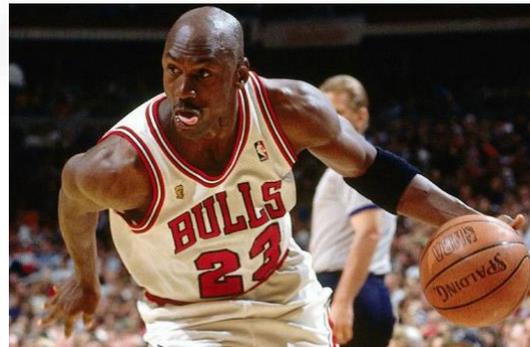
I'm not very
good at it.

“I have missed more than 9,000 shots...I’ve lost almost 300 games. 26 times I’ve been trusted to take the winning shot and missed. I’ve failed over and over again...



...and that is why I succeed.”

Michael
Jordan

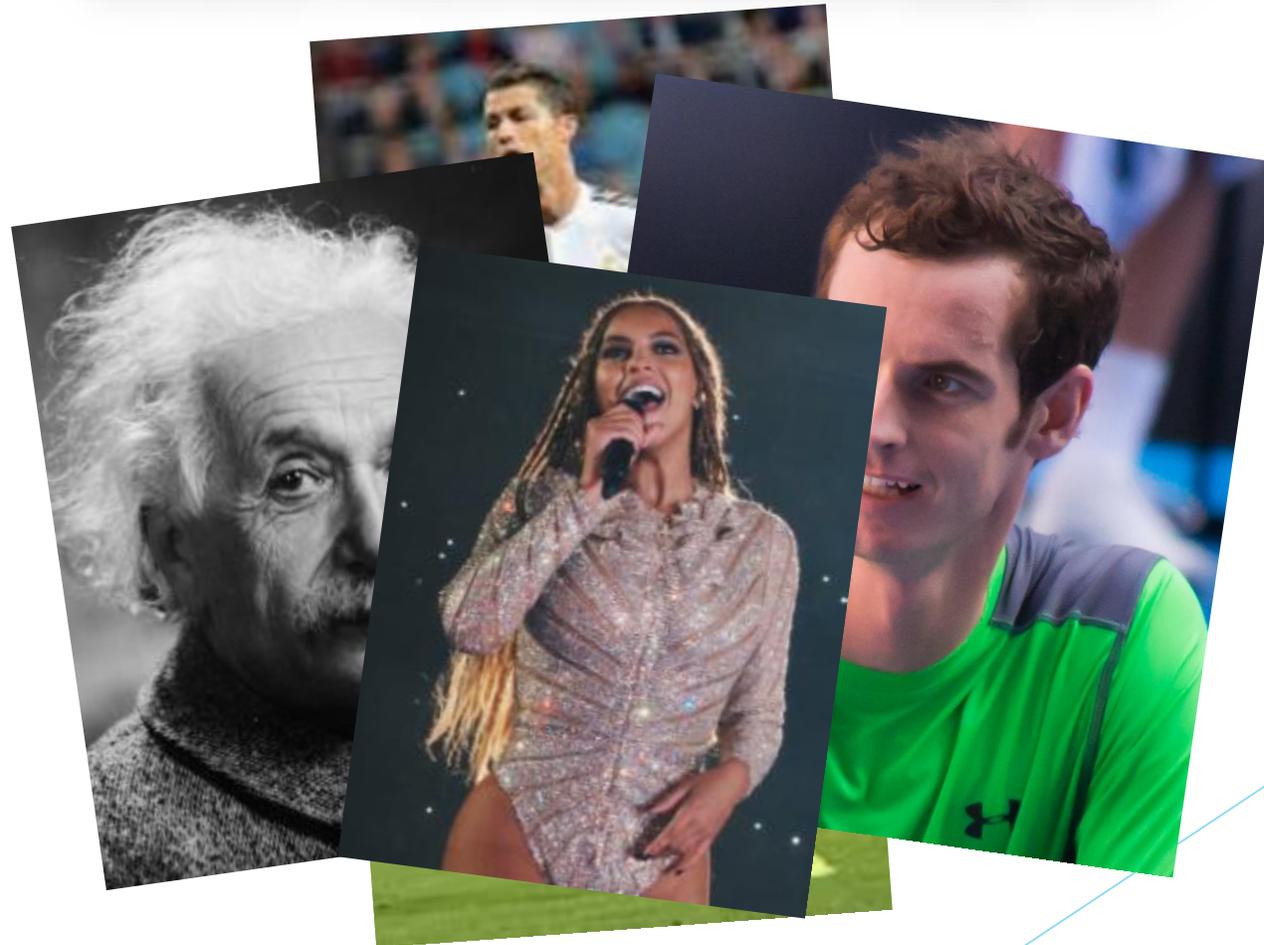


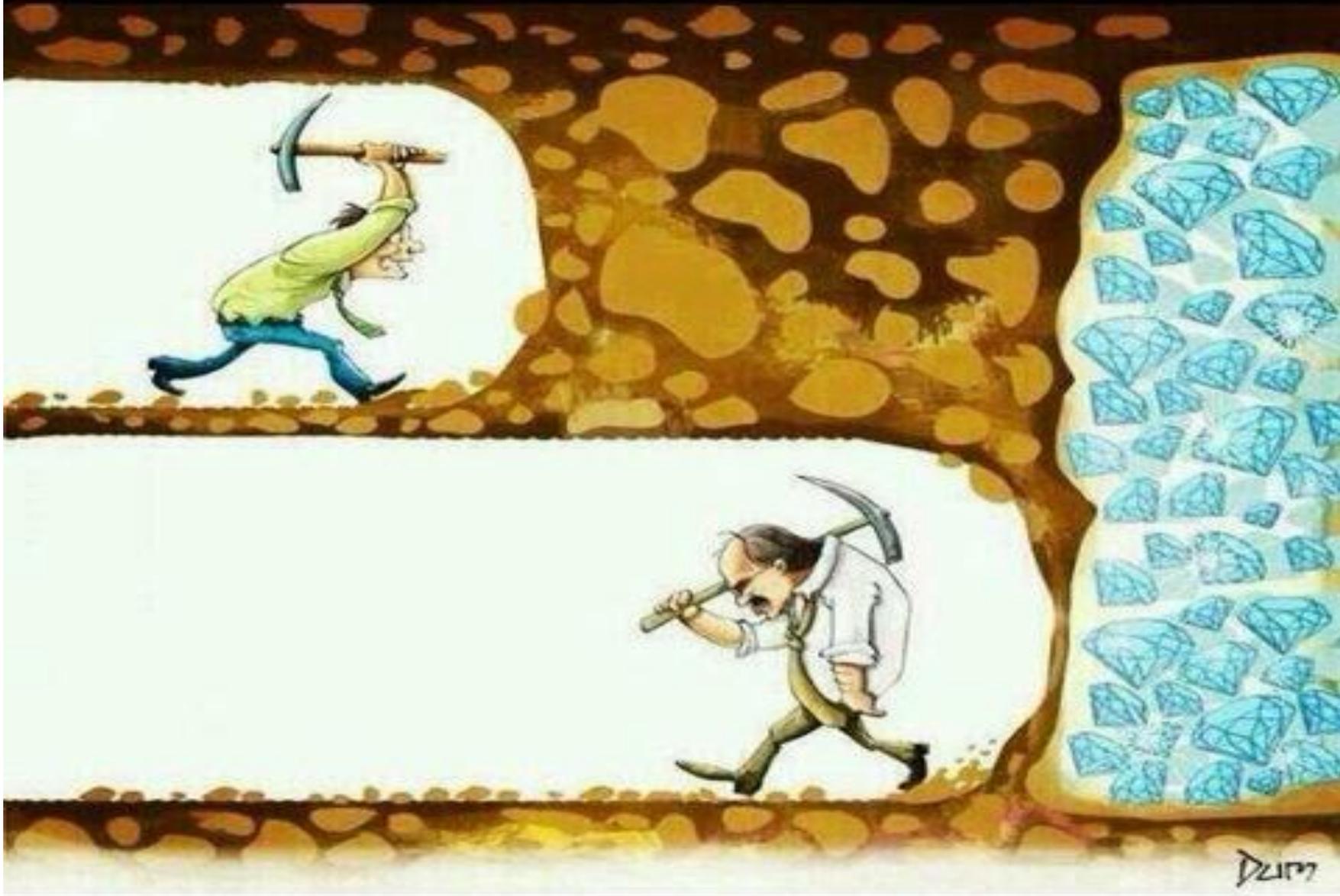


J.K. Rowling was a struggling writer, who was unable to get her work noticed. The first 12 publishers that she took *Harry Potter* to turned it down. But she kept trying.

She has now sold over 450 million books, and the Harry Potter franchise is worth over \$15 billion.

Just about everyone who is successful has at some point experienced failure.





NEVER GIVE UP!!!

Reflection

When I find something difficult, at school or at home, I'm going to try my best to succeed.

It's ok to make mistakes, because that's when I'm really learning!